

Donations weigh in

GCHS athletes get new facility

By Bob Slatke
Staff writer

Granite City High School athletes now have a real weight room to build strength and prevent injuries.

And the new facility is being put together completely through private donations.

"It is a fact that weight training improves athletic performance. The coaches agree and are excited that such a program is starting," said Jeff Parker, a member of the Parker, who is spearheading a drive to solicit funds for the weight room in the gym.

The athletes are excited and are ready to get pumped up, so to speak," Parker said.

Until now, school athletes utilized a makeshift weight room on basement of the gym. That facility was shared with students in physical education classes. But the school board recently

authorized a temporary facility to be used by athletes for weight training. The Sports Hall of Fame committee is currently considering a new building for weight training, but that project is at least three years down the road, Parker said.

While the Granite City Boosters' Club recently purchased some new weight equipment for the facility, Parker said more money is needed to complete the facility.

Students are selling raffle tickets in an effort to purchase more equipment, Parker said.

"I treat a large number of athletes in my office. The entire school district has been very supportive of my practice over the years and I always try to

find ways to give back to the district," Eavenson said. "Last month, Dr. Chip King, another local chiropractor, made a donation of \$1,000."

Eavenson said weight training is important for athletes.

"We need to support this effort as much as possible," he said.

King, who is a board certified sports physician, agreed.

"I often see the resistance training as treatment. It can do a lot as far as prevention of injuries," King said.

King knows what he is talking about. He is a physician for the Budweiser Water Ski Tour and on staff on the Wrangler rodeo circuit.

Those who wish to make a donation may do so by writing a check to the Board of Education and designating that it be used for athletic weight training.

Those wishing more information may call Moran at the high school at 451-5808 or Parker at 931-1543.



(Staff photo by BOB SLATKE)

Dr. Mark Eavenson, right, presents a \$500 check to coach Tim Moran. At left is School Board member Jeff Parker, who is spearheading a drive to solicit funds for the new facility.



(Staff photo by BOB SLATKE)

Dr. Chip King, left, presents a \$1,000 check for weight training equipment to School Board President Pete Novacich. Also pictured are school board members Walt Whitaker, Rick Dickerson and Jeff Parker.

'Hop for Leukemia' slated for Feb. 14 at SIUE

Students at the Southern Illinois University at Edwardsville Early Childhood Center will shake floors, rattle bows and "Hop for Leukemia" Tuesday, Feb. 14, at the Center located across from the SIUE tennis courts.

LaVern Wilson, director of the Center, said the children will be "jumping up and down" to raise money for local leukemia patients and research to benefit the Leukemia Society of America.

"This 'Hop for Leukemia' involves students from birth to 5 years of age," Wilson said. "Relatives and friends, of the student, sponsor the child for any amount of donation per hop that is completed within the designated time. Prizes will be awarded to eligible students and

their school based on the amount of funds raised for their hard work and dedication to the 'Hop,'" Wilson said. The Leukemia Society, the disease affects the blood-forming tissue, and is the No. 1 killer of children. Thanks in part to strong public support of the Society since 1964, they said, great strides have been made in therapy, prevention and research.

"Last year," Wilson said, "the Gateway Chapter of the Leukemia Society raised nearly \$40,000 through the 'Hop for Leukemia' program throughout Arkansas, Eastern Missouri, and Southern Illinois."

For more information about the Feb. 14 "Hop for Leukemia," call the SIUE Early Childhood Center, 692-2556.

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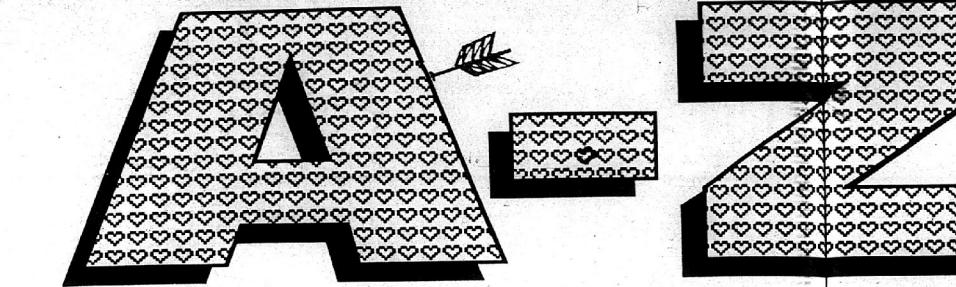
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LOCAL NEWS

Obituaries



Grace Barnhart

Grace M. (Martin) Barnhart, 88, of Granite City, died at 5:40 a.m. Monday, Feb. 6, 1995, at St. Elizabeth Medical Center after a two-year illness. She was born April 29, 1906, in Granite City, where she spent her lifelong residence.

A homemaker, she was of the Pentecostal faith.

Survivors include her husband, Robert Barnhart; a son, Robert Martin, of Granite City; three grandsons, Robert Michael Barnhart, Rick Barnhart and Allen Barnhart, all of Granite City; three daughters, Patricia Phalen of Granite City, Linda Schmidt and Debbie Zessinger, both of Granite City; two brothers, Jesse Jr. and Louis Dahl Martin, both of Granite City; four sisters, Edna Clevenger, Fila, Lillian Black of Granite City and Mildred Lipenski and Gloria Jean Buckingham, both of West Frankfort, Ill.; 11 grandchildren; and three great-grandchildren.

Services will be at 4 to 8 p.m. today, Wednesday, at Mercer Funeral Home, Springhouse Ave., Granite City, where services are at 10 a.m. Thursday with the Rev. Henry Crippen officiating. Burial will be in St. John Cemetery, Granite City.

Memorials are requested for the American Heart Association or the American Cancer Society.

Nell Parsons

Nell (Hildegard) Parsons, 72, of Granite City, died at 10:45 a.m. Monday, Feb. 6, 1995, at St. Louis University Medical Center after a two-year illness.

She was born March 11, 1922, in Bear Spring, Tenn., and had been a resident of Granite City for more than 20 years.

A seamstress with Elders Shirt Factory and then Modern Jacket Company, both in St. Louis, for 22 years prior to her retirement in 1979, she was a member of Second Day Advent Church in St. Louis.

Services will be held Tuesday at Central Baptist Church, Granite City, with the Rev. Carl Culver officiating. Burial will be in Sunset Hill Memorial Estates, Granite City.

Memorials to the donor's choice are suggested.

Larry Odom

Larry G. Odom, 46, of Granite City, died at 8:30 p.m. Saturday, Feb. 4, 1995, at St. Louis University Medical Center Northeast, St. Louis, after being ill for more than one year. He was born March 15, 1948, in Granite City, and had been a lifelong resident.

He was a clerk with Readway Express for 26 years; he was an Army veteran.

Survivors include his wife, Darlene (Bartholomew) Odom, whom he married May 14, 1977; two daughters, Kimberly and Holly Odom, both of Granite City; his mother, Lorene (Hinman) Odom, of Granite City; his brother and stepmother, Earl and Ann Odom of Granite City; two brothers, James and Steven Odom, both of Granite City; two sisters, Jackie Odom of Granite City, Paula Mitchell of Granite City, and one half-brother, Dale Odom.

Services were held Tuesday at Central Baptist Church, Granite City, with the Rev. Carl Culver officiating. Burial was in Lake View Memorial Gardens, Fairview Heights. Arrangements were by Irwin Chapel, Granite City.

Memorials to the donor's choice are suggested.

Amy Fogelman

Amy Fogelman, infant daughter of Dennis Ivan Fogelman and Theresa Ann (Fitzgerald) Fogelman of Granite City, died at 1:03 p.m. Monday, Feb. 6, 1995, at St. Louis Medical Center.

Survivors, in addition to her parents, include three brothers, Dennis "D.J.", Justin and Charles

James, Parsons, all of Granite City; two sisters, Shirley and Sarah Fogelman, both of Granite City; and her paternal grandparents, James and Marion Fogelman of New York.

She was preceded in death by her maternal grandparents, Rev. Charles W. and Clara J. Fitzgerald.

Services will be held at 11 a.m. today, Wednesday, at Irwin Chapel, 3960 Maryville Road, Granite City, with the Rev. Ben Leonard officiating. Burial will be in Sunset Hill Memorial Estates, Granite City.

Arrangements are by Irwin Chapel, Granite City.

Survivors include his wife, Louise Brown Townzen, whom he married Oct. 12, 1958, in Granite City; one daughter, Diane Franklin, of Staten Island, N.Y.; one stepson, Samuel Brown of Mitchellville; one stepdaughter, Gail Ledbetter of Glen Carbon; two brothers, Gus Townzen of Centralia and Carl Townzen of Monroe; eight grandchildren; and two great-grandchildren.

He was preceded in death by his parents, Gus and Amanda (Fitzgerald) Townzen; two brothers; three sisters; and one granddaughter.

Services were held Tuesday at May Funeral Home, Pocahontas, with the Rev. Jo Greenwood officiating. Burial was in Robinson Cemetery, Pocahontas.

Memorials are requested for the Pocahontas United Methodist Church.

Betty Kelso

Betty L. (Dick) Kelso, 67, of Granite City, died suddenly at 11:30 a.m. Saturday, Feb. 4, 1995, at St. Elizabeth Medical Center, St. Louis, after being ill for more than one year. She was born Aug. 15, 1927, in Granite City, where she had been a lifelong resident.

She was a member of the U.S. government for 12 years prior to her retirement in 1960; she was a member of Central Christian Church, Granite City, and a member of the Granite City Elks.

Survivors include her husband, Neal Kelso, whom she married Sept. 14, 1946, in Granite City; and one sister, Ilene Weymouth of Granite City.

She was preceded in death by her parents, Rhea and Ruth (Bartell) Dick; and one sister, Sharon Causier.

Services were held Tuesday at Irwin Chapel, Granite City, with the Rev. Carl Culver officiating. Burial was in Sunset Hill Memorial Estates, Granite City.

Memorials are requested for Central Christian Church.

Chester Townzen

Chester Lawrence Townzen, 74, of Pocahontas, formerly of Camden, Tenn., died at 4:30 p.m. Sunday, Feb. 5, 1995, at St. Joseph Hospital, Highland. He was born Jan. 10, 1921, in Hickman, Ky., and had been a resident of Pocahontas for one year.

He was a machinist and machine operator with Granite City Steel, he was a member of the United Steel Workers of America and the National Rifle Association. He was a World War II Navy veteran.

Services will be held Tuesday at 10 a.m. at St. John's Episcopal Church, Pocahontas.

Memorials to the donor's choice are suggested.

Amy Fogelman

Amy Fogelman, infant daughter of Dennis Ivan Fogelman and Theresa Ann (Fitzgerald) Fogelman of Granite City, died at 1:03 p.m. Monday, Feb. 6, 1995, at St. Louis Medical Center.

Survivors, in addition to her parents, include three brothers, Dennis "D.J.", Justin and Charles

Weather causes accidents

Ice on the roadway is being blamed for a number of accidents that occurred at the intersection of Illinois 203 and Interstate 270 Tuesday morning.

But despite the morning rush hour, there apparently were no serious accidents in the area.

According to Illinois State Police Sgt. Linda Bivens, troopers were working on several accidents at the intersection at about 9:15 a.m. Tuesday.

"They're mostly minor accidents, people in the ditch and such," she said.

Bivens said several motorists received minor injuries, but no other information was available.

The National Weather Service reported less than $\frac{1}{4}$ inch of snow at about 8:45 a.m. Tuesday.

Light snow was expected to continue with no additional accumulation.

The weather service reported there is a chance of snow Tuesday afternoon.

In Granite City, only one minor weather-related accident was reported.

"It's a good morning," said Lt. Dennis Chenuant. "Everybody must have taken it easy."

Granite City Superintendent of Streets Clayton "Jug" Harrison said all streets were open, and all were in good shape.



James Farrell, K mart district manager, greets Jordan Carr during the Variety Club's gold heart promotion. Jordan is served directly by Variety Club and is one of thousands of children helped by the promotion and telethon.

Variety's hearts are golden — in time for Valentine's Day

Gold heart pins, just in time for Valentine's Day, are being sold by the Variety Club.

The pins are ideal for men and women, young and old. Variety Club officials said gold heart-shaped gift boxes with a gold heart pin inside are available for \$5 through the St. Louis Variety Club office.

Valentine's Day is celebrated in 10 countries. This promotion is in conjunction with the St. Louis Variety Club's annual telethon, which airs March 4 and 5 on KMOV-TV (Channel 4), following Variety's Dinner with the Stars at the Adam's Mark Hotel.

Proceeds from the sales of the pins benefit disabled and disadvantaged children served by the Variety Club's affiliated agencies in the greater St. Louis area.

Gold Hearts may be purchased at CPI Photo Stores, Wehrenberg Theatres, Spicer's 5 and 10, and Maggie's Creamery in Ladue.

Gold Hearts also may be purchased at the following Variety Club's agencies: Annie Malone Children and Family Service Center, Asthma and Allergy Foundation, Cardinal Ritter Institute, Catholic Charities.

Catholic Community Services, Central Institute for the Deaf, Child Center of St. Louis, Children's Cornerstone Center, Crider Center for Mental Health, Family Resource Center.

Grace Hill, Hope House, Illinois Center for Autism, Jamestown New Horizons, Kingdom House, Lemay Day Care Center, Lutheran Family and Children's Services, Midwest Heart Agency, Marygrove, Midwest Catholic Community Services, Maria's School, St. Elizabeth's Home for Boys, St. Louis Children's Hospital, St. Louis Society for Children and Adults with Physical Disabilities, and United Church Neighborhood House. For more information, contact the Variety Club at 821-8184.

Real est

The following actions were made between Dec. 9 and Dec. 15.

2515 College...

313 Allen...

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LOCAL NEWS

Real estate transactions

	Granite City
115 Catalpa.....	\$99,675
25 Tulip.....	\$42,000
4066 Breckridge.....	\$42,000
4123 Division.....	\$19,000
2814 E 24th.....	\$6,000
1715 Maple.....	\$42,800
2036 Washington.....	\$26,000
668 Waterworks.....	\$75,800
759 Waterworks.....	\$9,512
224 Elm.....	\$10,000
2258 Bran.....	\$22,000
2518 Meadow.....	\$22,000
2909 National.....	\$43,755
Rt 3 & W Ponton.....	\$323,781
520 E 16th.....	\$26,000
2901 Warren.....	\$42,000
3115 Wayne.....	\$49,199
90 Cooper.....	\$25,000
2108 Delmar.....	\$12,500
240 Elm.....	\$18,500
175 Waterworks.....	\$33,900
3727 Cedarview.....	\$32,000
226 Chouteau.....	\$126,127
226 Delmar.....	\$30,000
1630 E 2nd.....	\$26,000
2547 E 28th.....	\$41,500
4548 Hwy 162.....	\$49,900
112 E Watkins.....	\$18,000
240 Cambridge.....	\$19,500
112 E Watkins.....	\$15,000
1209 Pine.....	\$49,000
19 Willow Creek.....	\$327,000
?? Ambur Wood.....	\$19,500
4459 Hill.....	\$94,500
120 Alton.....	\$37,000
?? Bivens.....	\$10,000
7 Maple.....	\$47,500
100 N Buchanan.....	\$80,000
?? Bivens.....	\$10,000
1100 Rhodes.....	\$23,500
Edwardsville	
LT 19 Dunlap Cove.....	\$22,410
527 N Buchanan.....	\$20,000
729 Slipper.....	\$82,000
+ LT 36 Dunlap Lake.....	\$22,000
1100 Rhodes.....	\$23,500
?? W Liberty Prairie.....	\$5,000
953 Acapulco.....	\$3,500
?? Ensign.....	\$1,000
215 N Buchanan.....	\$10,000
527 N Buchanan.....	\$20,000
729 Slipper.....	\$82,000
+ LT 36 Dunlap Lake.....	\$22,000
1100 Rhodes.....	\$23,500
Edwardsville	
10 Downing.....	\$282,000
453 Lake View.....	\$40,000
3113 Main.....	\$17,000
9 J St.....	\$17,000
4 Dunston.....	\$118,000
Godfrey	
420 Chelsea.....	\$15,000
2207 Park.....	\$35,000
6519 Timber Ridge.....	\$245,000
5124 Clara.....	\$53,000
47 Fairmount.....	\$240,000
1000 W Franklin.....	\$30,000
6200 Square.....	\$30,000
?? Rt 67.....	\$15,000
1816 W Delmar.....	\$1,350
401 Nicolet.....	\$17,666

Agronomy Handbook available

Improve your yield performance through practical information from Illinois crop production specialists with the Illinois Agronomy Handbook 1995-1996.

This 200-page book is packed with useful production and management tips to help you get the most from your crops. The Illinois Agronomy Handbook provides fertilizer suggestions especially geared to the field management system that will optimize yield while minimizing potential for negative impact on the environment. The handbook includes information on the following topics:

- Corn planting and plant populations.
- Agricultural climatology.
- New soybean varieties, forage crops, and warm-seasoned perennial grasses.
- Alternative crops.
- No-till.
- Disease management of field crops.

Recommendations are based on Illinois research and are very specific to Illinois conditions. The Illinois Agronomy Handbook 1995-1996 costs \$8 and can be ordered by calling (217) 333-2007; by sending a check or money order (payable to the University of Illinois) to University of Illinois, 67NR Mumford Hall, 1301 W. Gregory Dr., Urbana, IL 61801; or by contacting your local Cooperative Extension Service office.

Tips on selecting and caring for
Garden Tools
from the experts at

FRANK'S

Back in the seventies, as this writer strolled through a large greenhouse, a garden center, a nursery or a parker called out, "Guess your weight, sir? Only fifty cents." Among the cluster of prizes for a wrong guess was a rather impressive-looking set of small screwdrivers, so it didn't seem like a bad gamble. What was that? A bag of oranges? Half a bushel? Plus the guy had to guess within seven pounds. He had a customer.

The chap missed by a mile and a half with his guess, but it was a major loss for a major loss. The very first Phillips screw, a low-resistance one at that, mangled the tool beyond description. The others didn't fare any better. Two days later the little set of screwdrivers was riding on the back of a garbage truck.

Okay, you really complain, you get what you pay for, but it was a bargain in disguise. Fifty cents produced an excellent education. Never use inferior tools, and that's that. The best tools you can find, no matter what their purpose. Poor quality tools break or bend, are difficult to work with, can cause injury, and will always end up being replaced anyway. Buy good ones the first time and you'll solve everything.

Since Frank's area of expertise is garden tools, that's what we'll cover. And garden tools are considerably different than other types. Inferior ones can fail at the worst possible time, generally making gardening life miserable. They can be dangerous too.

Selecting quality garden tools is easy. Simply come to Frank's, where you'll find only tools made by top manufacturers, all priced with your budget in mind. Tools you can use with utmost confidence. Give them a test, learn it's about them, and you can plan on them being there, ready to serve you when needed.

Why are we discussing garden tools now, in early February? Why not? There's plenty of time to examine them and get them in tip-top shape before they're needed. Plus, if any need to be replaced, it's better to find out now rather than in the middle of a project next summer. That's the time to make the selection of tools at Frank's is great, since many people wait until spring to purchase. So here are some garden tool care tips.

First of all, use tools for their intended purpose. We're probably all guilty at one time or another of using the wrong

tool for a job. But if you try to use each one the way it was meant to be used, you'll have better success at keeping them around longer.

Check each tool for rust. A piece of fine sandpaper or a wire brush will remove it in most cases. Once the rust is gone, rub all metal parts with an oil rag, or apply a few drops of household oil to the metal parts, then rub the oil all over the tool. WD-40 works well, also. Then, using a good green cloth, clean the brush the oil off and spray the tool with a non-stick vegetable cooking spray. This is especially true with tools that contact plants, such as shears and loppers.

Never use sandpaper on stainless steel tools. Use a cleanser specially made for those types of tools and follow the directions carefully.

Don't neglect the handles. To keep wooden handles smooth and conditioned, rub rough and grainy sandpaper, then wipe the entire handle with linseed oil.

Check each tool over thoroughly for loose nuts and screws and tighten them again. Loose handles and other parts can weaken the tool, affect its alignment, cause the tool to break, and may even cause an injury to people and/or plants.

The cutting edges of tools should be kept sharp. By sharp, we don't mean like a razor, but sharp enough to do the job at hand. Dull edges of shovels and spades will not be sharp enough for a 5-inch flat file. Push the file away from you and across the tool, using smooth, even strokes. Don't go back and forth like a saw.

Handle these few chores now, and you'll be taking a major step in assuring a pleasant, trouble-free gardening season.

Shop any of these ten convenient Frank's locations

- Baldwin - 531 Manchester Rd. (314) 258-8777
- St. Charles - 4630 Hwy. 94, Outer Rd. (314) 928-4657
- St. Charles - 3725 Harry S. Truman (314) 947-7149
- Bridgeton - 12253 St. Charles Rock Rd. (314) 921-1000
- Overland - 1001 Page (314) 428-5155
- North County - 11015 Old Halls Ferry (314) 355-8877
- Kirkwood - 1135 S. Kirkwood (314) 821-8866
- St. Louis - 4650 Lansdowne (314) 514-0110
- Shorewood - 125 Kenrick Plaza Dr. (708) 982-2200
- Fairview Hts. - 110 Commerce Lane (618) 397-1251



GOLDEN APPLE AWARDS

Because teachers
deserve extra credit, too.

St. Clair Square is offering you a golden opportunity to acknowledge an outstanding teacher through the Golden Apple Awards - our teacher recognition program developed with the endorsement of Martha O'Malley, Regional Superintendent of Schools in St. Clair County.

A good educator can make the difference of a lifetime for our children. Not only do they enrich their lives with knowledge...they nurture curiosity...encourage creativity...and foster confidence in the adults of tomorrow. Oftentimes, without even a thank you.

Now in its fourth year, the Awards are our way of showing support and appreciation to the teachers of St. Clair County and providing you with the opportunity to honor those teachers whom you feel have made an exceptional contribution toward the education of our children.

All teachers currently teaching in St. Clair County, in public or private schools, are eligible and may be nominated by either a parent, student, fellow staff member, administrator, or community member. However, previous Golden Apple Award recipients are not eligible.

Teachers nominated will be contacted for additional information. A panel of judges which will include retired teachers, representatives from the Regional Superintendent of School's Office, and representatives of St. Clair Square will select 25 teachers, each of whom will receive a prestigious Golden Apple Award.

These teachers will be honored at The Golden Apple Awards Ceremony, a festive celebration to be held in May at St. Clair Square.

GOLDEN APPLE AWARDS NOMINATION

Teacher's Name _____
School _____
Subject/Grade Level _____
Your Name _____
Address _____

Phone _____

I AM A (CHECK ONE):

- Parent
- Student*
- Fellow Staff Member
- Administrator
- Community Member

Along with this form, please include a letter (not more than two pages) describing the outstanding qualities of the teacher being nominated, as well as other pertinent information. Nominations will be accepted through Wednesday, February 22, 1995. Please bring your nomination to the St. Clair Square Management Office or mail to:

THE GOLDEN APPLE AWARDS
St. Clair Square
134 St. Clair Square
Fairview Heights, IL 62208

*Nominations by students are restricted to teachers whom students have had in previous years and not during the 1994-1995 school year.

Volunteer will speak to senior groups

Earl Spohr of Woodlawn, along with some 350 volunteer leaders from across the nation, completed a four-day course at the National Volunteer Leader's Conference in the nation's capital.

The AARP (American Association of Retired Persons) sponsored a National Volunteer Leader's Conference in the nation's capital. Participants looked at education advocacy, educating and informing the public about specific concerns, media outreach, community service, and how to recruit, and how to inform the public about the challenges of 1995.

The ultimate goal of the conference was to enhance and expand the role of volunteers and strengthen regional programs. They delivered deepening knowledge of services, AARP principles, Medicare, Social Security and health care for all Americans, at both the state and national levels.

Volunteers also added to their knowledge of computers and technology that speed programs in today's world.

He is also available to talk about health care for all Americans.

Social Security as it affects us all. Spohr can be contacted at (618) 355-2616.

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Politics 101 — Costello-style

Students get chance to question Congressman

By Joe Leicht
Staff writer

Some 50 seniors in Ron Stello's American Politics class at Waterloo High School got the chance recently to bounce the hot political questions of the day off a man who occupies one of Washington, D.C.'s most powerful seats: U.S. Rep. Jerry Costello, D-Illinois.

Costello, dropped in following a weekend at home in Belleville and spoke to the class before catching a plane back to Capitol Hill.

Costello, who has represented Illinois' 12th District since 1988, began by describing his political philosophy and political beliefs. He traced his involvement in elective government to "frustration with the system" he'd experienced while serving in the military.

"At the time, there were some serious problems with the St. Clair County Detention Center. So I decided to run for the County Board and, with the help of some good people, we got those straightened out."

Costello went on to say that he made the leap into national politics when former U.S. Rep. Melvin Price, D-Illinois, left some projects that the two men had

"I think (Clinton) is doing a good job. History will remember that he was willing to make some difficult decisions. But in politics, perception is reality, and early on, he made some crucial political mistakes."

— Jerry Costello

worked on unfinished.

Costello said he was recently rated the most conservative Democrat in Illinois by the Conservative Coalition, a political action group.

Costello said he's proud to be a Democrat, "though I don't always agree with my party on everything. I call issues as I see them."

Costello conceded to one student who'd asked what the first day of Congress' new session was like that, "If you were a Democrat, you'd be depressed. But I think you will see some good things happen."

He listed balancing the federal budget, adopting the line-item veto and lifting some federal regulations as positive steps to look for.

Asked what aspects of his job

he likes best, Costello said it's the times he's able to help constituents with problems they have with the federal government. "It's not a day goes by that I don't call someone up and deliver good news."

When students asked Costello where he stood on drafting a school prayer amendment, he said he was not in favor of such an amendment, but supports a voluntary moment of silence.

He also said he supports increasing the minimum wage.

"I'd like to tell you I'm in favor of raising it a full dollar just now."

Costello fielded the inevitable questions about President Bill Clinton and House Speaker Newt Gingrich.

"I think (Clinton) is doing a good job. History will remember that he was willing to make

some difficult decisions. But in politics, perception is reality, and early on, he made some crucial political mistakes."

Costello criticized Clinton's handling of the gays-in-the-military issue, health care reform and the crime bill as decisions that have hurt the president's popularity.

"As a taxpayer, who wants to pay for midnight basketball?" he said.

Of Gingrich, Costello said that he's "a good guy" who "got back on the ground" and "stop shooting from the hip."

Costello said that reforming welfare should be a priority for the new Congress in the next branch. "We need to get welfare back to being what it was originally intended to be — a safety net for people who find themselves in a temporary state of work. Not many people realize this, but the reason most people stay on the welfare rolls is for the health benefits. The two issues of welfare and health care are linked closely."

Costello concluded the 45-minute question answer session by inviting students to get involved in politics and government at the local level and to seek internships working for representatives and political campaigns.



(Staff photo by KYLE HESTER)

'Round we go — Johnathan Morgan, 16 months old, left, and Cory Walters, 2, both of Granite City, enjoy the playground at Wilson Park.

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Thursday, February 16 7:00 - 8:00 PM
Tuesday, February 21 7:00 - 8:00 PM

Legacy Golf Course, Granite City

This seminar will be helpful for all age groups. Attendees will receive a 39 page Retirement Planning Guide filled with practical academic material to help you reach your financial goals. No products will be sold. You should be aware of the following topics in the financial and investing arena. I will discuss such topics as the effects of inflation and tax on retirement dollars and how to defend against it, evaluating a pension pay out, and the asset allocation to take Social Security at 62 or wait, and the best asset allocation to minimize risk and increase investment success before the after you retire.

You need only attend one of the events and the program will last one hour. Refreshments will be served and there is no cost or obligation. Seating is limited to 20 people per night and you must pre-register.

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LOCAL NEWS

Milestones

Helen McGarrahan celebrated her birthday Feb. 4.
Bert Armour celebrated his 45th birthday Feb. 5.
Roginald Clark Jr. celebrated his first birthday Feb. 5.
Samantha Anne Vandaveer celebrated her seventh birthday Feb. 5.

Pamela Burns celebrated her birthday Feb. 5.

Kathi Arnold will celebrate her 35th birthday Feb. 6.

Chris and Nikki Nash celebrated their fifth wedding anniversary Feb. 6.

Ellen Kay Christopher celebrated her birthday Feb. 6.

James Leroy Turner celebrated his birthday Feb. 6.

Mark Barnfield celebrated her second birthday Feb. 6.

Edward McGovern celebrated his birthday Feb. 6.

Michael Smith celebrated his 30th birthday Feb. 7.

Summer Daugherty celebrated her 11th birthday Feb. 7.

Larry and Fannie Redfern celebrated their 50th wedding anniversary Feb. 7.

Kris McGovern celebrated her 34th birthday Feb. 7.

Ryan and Tyler Staico (twins) celebrated their third birthday Feb. 7.

Cathy Wise will celebrate her 40th birthday today, Feb. 8.

Larry Brinkley celebrates his 54th birthday today, Feb. 8.

Kelli Laub celebrates her seventh birthday today, Feb. 8.

Kelsey Christina Myers will celebrate her seventh birthday Feb. 8.

Doris Rose Bith will celebrate her birthday Feb. 9.

Diane Bellcoff will celebrate her birthday Feb. 9.

Mark and Linda will celebrate her 15th birthday Feb. 10.

Andy Economy will celebrate his 49th birthday Feb. 10.

Robie Poston will celebrate her 10th birthday Feb. 10.

Larry D. Shelly will celebrate his 40th birthday Feb. 10.

Ricky George Grammer will celebrate his sixth birthday Feb. 10.

James Leroy Turner celebrated his birthday Feb. 10.

Mark Barnfield celebrated her second birthday Feb. 10.

Edward McGovern celebrated his birthday Feb. 10.

Michael Smith celebrated his 30th birthday Feb. 10.

Summer Daugherty celebrated her 11th birthday Feb. 10.

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Ryan and Tyler Staico (twins) celebrated their third birthday Feb. 10.

Fishing show called successful

The second-annual Let's Go Fishing Show, which was held from Jan. 6-8 at Gateway Center in Collinsville, was a big success, said promoters.

Attendance surpassed last year's figures despite ice and snow, which kept the crowd small on Friday. Plans have already been laid for a third-annual show for Jan. 5-7, 1996, that will once again appeal to Midwest anglers.

The show features fishing boats, tackle, seminars, products, accessories, resorts, destinations and services for the fisherman. What makes the show different, Lengyel is, that "the entire show is filled with products and items of interest to the angler. Unlike the sport shows which will have all over the place with products, this show has specific appeal. The people that come enjoy fishing and everywhere they look there is product of interest to them."

According to reports from vendors at the show, Lengyel said sales were tremendous.

"The show is a huge show in attendance, but you get all these fishing people together, they start talking fishing, comparing notes and buying product. Before you know it, you've got a real feeding frenzy going."

Exhibitor Rodney Collins of Rodney's Bait and Tackle in Alton said attendance was better than 1994's show. Fred Washburn of Cottonmouth Lures in Carterville, Ill., a first-time exhibitor, said he didn't know what to expect but came away pleased and amazed at the crowd.

"I'll definitely be coming back," he said.

Cliff Dymon, of The Boat Place in Belleville said the show attracts buyers and "there was an excellent quality crowd, with many people from Missouri and all over Illinois."

The show's highlight was a "Save Ruth of fishing," by pro-angler Bill Daniel. Known as the "Save Ruth of fishing," the popular host of television's "Bill Daniel Outdoors" program, got his boat into the air and did a 360-degree flip and a 180-degree turn in a packed house.

The enclosed space of Nameoki Village Marine in Granite City, sponsor of Daniel's appearance, was "jam-packed with people," said owner Terry McCormick.

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Laura



(Staff photo by KYLE HESTER)

Play time — Despite the cold weather, 16-month-old Jacob Dittmer was having a good time on a swing at Wilson Park on a recent sunny day.

Clerical conference set for Feb. 15 in Belleville

The fifth-annual Regional Clergy Conference will be Feb. 15 at Queen of Peace Hospital in Belleville.

The conference is for anyone actively involved in the ministry of the church or ecumenical ministry, including ministers, religious instructors, lay leaders and youth leaders; treatment providers; pastoral care ministers and chaplains.

The conference will feature three workshop sessions.

Session one will focus on addiction and spiritual behavior.

Session two will be a panel presentation on many 12-step support groups such as Alcoholics Anonymous, Narcotics Anonymous, Al-Anon, Gamblers Anonymous, Children of Alcoholics, Christian 12-Step Program, Emotions Anonymous, Overeaters Anonymous, etc. Information will be given on what to expect when ministers might refer to these groups and how a group might be started. A list of meetings with their meeting times and places will also be given.

Session three will focus on the

link between family violence and chemical dependency. Dolores Gotlear, senior counselor at Queen of Peace Center in Belleville, will lead this session.

Registration fee is \$20 and includes morning break and lunch.

Sponsors are Belleville Mental Health Center, Franklin Nutritant Health System, East St. Louis

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For further information, call InTouch in Belleville at 397-8930.

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WRESTLING

Granite City meets Belleville East in dual-team regional final.

Thursday



Bob
Emig

Change in image
paved the way
for Lincoln High

The news that East St. Louis Lincoln High — along with 22 other schools — was accepted into the Southwestern Conference last week came as a surprise — almost a shock — to me. After my initial reaction, there was a great deal of delight.

My reporting days started

in East St. Louis at the

long-defunct (1979) *Metro-East Journal* in 1966. Of course, I covered many Lincoln athletic contests over the years.

AS A NATIVE OF Belleville, I didn't have much contact with the school while I was there, but I worked with a lot of black athletes and coaches during my *Metro-East Journal* days.

I'll never forget colorful characters like coach-thrill-life Earl "Truck" Harris, Art Marshall, grandfathers George Holliday and everybody's friend, Jimmy Adams — all Lincoln coaches they were great to work with.

I had no problems with them, nor did I have problems with their players — either at home or on the road.

The first time I saw there weren't problems at Lincoln, I was in the 1970s especially were tough in terms of race relations throughout the country. Some of that filtered into the school, but the sports fan can forget the near riot at the Belleville High gym when Lincoln was competing in a basketball sectionals. That's the image of Lincoln.

THESE DAYS, we see there weren't problems at Lincoln. Old wounds have healed. Principals and athletic directors have been replaced with new faces.

"Pinch me ... Lincoln is in the Southwestern Conference?" Say, what?

"We're elated," said first-year Lincoln principal Jimmy Lewis about his school's acceptance into the SWC, starting in the 1996-97 season.

Jimmy Lewis undoubtedly is one of the main reasons Lincoln is now a member of the SWC. Lewis made a name for himself at East St. Louis Senior High, along with SWC schools.

He then became head track coach in the 1970s. During his eight-year stint, the Flyers ran off four straight state titles. He also served as a Flyers assistant football coach for 13 years.

LEWIS HAS SERVED as assistant principal at Lincoln before becoming the principal this year, replacing John Bailey. Lewis rates Lincoln's acceptance into the conference as more significant than any of his state track championships.

"It's a new day at Lincoln," Lewis said. "I actually got on the tail end of this. Mr. Bailey had done a lot of the groundwork."

Still, Lewis at the top, the SWC fathers saw fit to accept the East St. Louis school. They know what kind of man he is, what he stands for. All in all, he's a product of the SWC.

"I've competed, coached and officiated in the conference," Lewis said. "I'm familiar with the conference and the guidelines the conference expects."

THESE'S NO DOUBT, from an administrator's point of view, that Lincoln brings a lot to the SWC. The Tigers and Tigelettes have won state team championships in boys and girls track and basketball.

Lincoln's play has never been questioned, but sometimes its fan behavior has been.

"Lincoln has played the other (SWC) schools in practice, play, even though some of the coaches and I think the coaches and players have shown there are no problems," Lewis said.

"They have developed a rapport with the other (SWC) schools."

"Over the years, there have been fears and myths about Lincoln. Mostly, fear itself. Lincoln have been a lot of fun to work with. But when they come to our school, they see what's really going on."

"What's really going on is that Lincoln is now a member of the Southwestern Conference."

(Bob Emig is a longtime

journalist in the Metro-East. He writes a twice-weekly column for the Journal.)

LOCAL JOURNAL SPORTS

Granite City Journal February 8, 1995 Page 18

HOCKEY

Warriors close regular season.

Thursday

Grapplers roll to regional title

Nine champions lead way to dual final, GCHS sectional

By Rob Raphael
Staff writer

The match had the packed Cahokia gym on their feet, and it was the talk of all the coaches afterward.

"It was a great finish. You don't see many heavyweights go out and never get pinned and get back up," O'Fallon coach Bill Matzka said.

"It was a great match," Granite City coach Mike Garland said. "In 90 percent of the close matches, conditioning makes the difference. I think the big difference in Chris this year has been his conditioning, and he proved it (Saturday)."

"He nearly got pinned, but Jan doesn't want to get pinned," said Lincoln coach Henry Medley. "I could see him getting pinned off again next week and maybe even at state. But I was proud of the way Jan came back from the early deficit."

The Warriors finished the regional with nine champions, two runners-up and one third-place finisher.

Bobby Chaussett gave an omen of things to come, getting past O'Fallon's Nick Burrows, 7-3, at 103 pounds. Tim Fulks won the 112-pound class when Lincoln's Peatrō Davis suffered a dislocated shoulder in the second round first 10 seconds.

The tables were turned at 125 pounds, when Lincoln's Mark Menendahl couldn't hold the belt against the belt-wearing Michael Stacy. Garland's Chris Matzka's injury was not major, and he should be ready for sectionals.

Aside from the domination by the Warriors, the other story of the day was the meet's finale of a 100-plus-wrestler heavyweight battle between two of the top wrestlers in the state, Granite City's Chris Janek and Lincoln's John Toenies.

The Warriors' domination impressed nearly everybody, even those who knew to expect it. "They really are a throwback to a few years ago," Matzka said. (See REGIONAL, Page 28)



Staff photo by T.L. WITT

Chris Janek works on pinning Cahokia's Albert Loughery (below) Saturday. Janek went on to knock off longtime foe Jan Yates of East St. Louis Lincoln for the heavyweight title.

Seven-team field no match for Granite City

By Rob Raphael
Staff writer

The Granite City Warriors had every opportunity to fall on Saturday, but instead they reaffirmed their greatness.

By advancing 12 of a possible 13 wrestlers in the Cahokia Class AA regional — including nine champions — the Warriors proved they are among the state's elite teams.

With 10 other guys in the finals, it was like an all-area team versus Granite City," said Belleville West coach Steve Garland. "And Granite City won."

AS TOUGH AS the competition was at the regional, the War-

riors were even tougher. Granite City's 246-point total was nearly double that of Belleville East, which placed second and had nine sectional qualifiers.

Granite City's 12 entries are scheduled to wrestle for the team regional title Tuesday night at Memorial Gymnasium in Granite City. The regional tournament also will be held at GCHS, beginning Friday.

"EVERY TEAM HAS good individual," Mike Garland said. "I would say that Civic Memorial and Mt. Vernon are probably the teams that we will have to watch out for."

The Warriors' domination impressed nearly everybody, even those who knew to expect it.

"They really are a throwback to a few years ago," Matzka said. (See REGIONAL, Page 28)

to wrestle that much better at the sectional."

The Granite City sectional will include individuals from four other regionals at Chatham Glenwood, Wood River, Mt. Vernon and Centralia.

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Panthers' 3-point bombs sink GCHS

By Scott Marion
Staff writer

Just when O'Fallon High basketball coach Norm Toenies was beginning to doubt his team's outside shooting ability, the Panthers proved him wrong.

O'Fallon made 11 3-point baskets, including six by senior guard Lance Wyatt — in Saturday's 74-56 win over visiting Granite City.

"LAST NIGHT IT was Jason Frey and Monte Minton (in a 58-52 win over Marion) and tonight it was Monte and Lance," Toenies said. "We had been a good 3-point shooting team until Christmas, but since then we've had maybe one player in a game hitting a 3-pointer."

"I was thinking about cutting back on the 3-point attempts, but the kids had shown in the summer and the fall that they could hit them."

The nonconference victory improved O'Fallon's record to 18-10. The Panthers suffered its seventh straight loss and dropped to 4-15.

"They have some good out-court shooters, but they also have a very good inside player (Chris Thunell)," Warrior coach John Van Buskirk said. "We do you give up, but we did very good defensively in the first half, but then started hitting the 3-pointers in the third and fourth quarters."

O'Fallon got off to a fast start, as a trey by Minton gave the Panthers an lead. But Granite City fought back and pulled by just two points (17-15) after a physical first quarter which featured several shaving matches under the basket.

"IT GOT TO be more than a basketball game in the first quarter," Van Buskirk said. "We've struggled this year and our record may not be very good, but the kids have pride. They fought

(See GCHS, Page 3B)

THESE'S NO DOUBT, from an administrator's point of view, that Lincoln brings a lot to the SWC. The Tigers and Tigelettes have won state team championships in boys and girls track and basketball.

Lincoln's play has never been questioned, but sometimes its fan behavior has been.

"Lincoln has played the other (SWC) schools in practice, play, even though some of the coaches and I think the coaches and players have shown there are no problems," Lewis said.

"They have developed a rapport with the other (SWC) schools."

"Over the years, there have been fears and myths about Lincoln. Mostly, fear itself. Lincoln have been a lot of fun to work with. But when they come to our school, they see what's really going on."

"What's really going on is that Lincoln is now a member of the Southwestern Conference."

(Bob Emig is a longtime

journalist in the Metro-East. He writes a twice-weekly column for the Journal.)



GCHS guard Jay Simpson (left) had 17 points in Saturday's 74-56 loss at O'Fallon. (Photo by T.W. MILLER)

The Body Shoppe

Ex-bodybuilder provides personal weight training at Madison gym

By Tony Panozzo
Staff writer

A personal training program and the right exercise equipment can make sticking to New Year's resolutions a bit easier. Steve McKinney has combined both at the Body Shoppe.

McKinney, a former amateur bodybuilder, is the owner and operator of the Body Shoppe, located in Madison. The business is tailored to people interested in undergoing exercise and dieting programs on a personalized lev-

"WE'RE IN business to help people," McKinney said. "We've designed a program that (See BODY SHOPPE, Page 3B)

Journal Writers' Poll Wrestling

1. Granite City (1) 70
2. Hazelwood East (2) 63
3. St. Charles West (3) 56
4. Westview (4) 55
5. Granite City (5) 41
6. Belleville East (6) 35
7. Howell North (7) 23
8. McCluer North (9) 16
9. Collingswood (6) 12
10. Fox (NR) 9
(Last week's rankings in parentheses)

Also receiving votes: Vianney, Paterson, DeSmet and Hazelwood Central.

O'Fallon 74, Granite City 56

Team	FG	3pt	FT	Pts
GRANITE CITY	12	4	1	56
Ray Smith	1	1	0	1
John Toenies	12	1	0	10
Rylee Burrows	1	0	1	1
Steve Logan	10	0	0	2
James Minton	10	0	0	2
Keith Simon	6	0	0	1
David Givens	6	0	0	1
Danell Anderson	4	0	0	1
Tesse	15	8	11	45
GRANITE CITY	20	6	2	74
Lance Wyatt	10	4	0	34
Mike Matzka	14	4	0	32
Chris Thunell	4	0	5	13
Patricia Patterson	3	0	0	6
John Toenies	3	0	0	6
Steve Panozzo	1	0	0	2
Mike McKinney	1	0	0	2
Steve Proffitt	1	0	0	2
Bill DeSmet	1	0	0	2
Don Bergott	0	0	0	0
Debbie	12	11	17	74
GRANITE CITY	18	10	12	66
GRANITE CITY	31	10	12	63
Belleville East	25	10	12	60
Paterson	2	0	0	5
DeSmet	2	0	0	5
Belleville East	2	0	0	5
Belleville West	2	0	0	5
McCluer North	2	0	0	5
Collingswood	2	0	0	5
Howell North	2	0	0	5
Westview	2	0	0	5
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Collingswood	2	0	0	5
Howell North	2	0	0	5
Westview	2	0	0	5
Granite City	2	0</td		

•GCHS

(Continued from Page 1B)

the entire and root that advances back."

"O'Fallon began to pull away in the second quarter as a 3-point shot by Jarrett Toenjes made the score 30-21 with 3:56 to play. A pair of free throws by Mister gave the Panthers a 39-27 half-time lead."

"In the first half, we ran a lot of players in and out of the game because some guys weren't getting in the right spot against their zone," Toenjes said. "Once teams came in and got in the right place, we started to score some points." (Wylan) Peterson, Oliver and (Dan) Serratt did a good job."

The Panthers built on their lead in the second half. A basket by Brian Proffitt made the score 59-43 after three quarters.

A 3-pointer by Wyatt who had a game-high 22 points put O'Fallon ahead 63-20. (65-45) with 6:17 left in the game.

"For us to play O'Fallon close, we have to make no errors," Van Buskirk said. "We had a good game tonight. But we're still trying to find consistency."

McKinney, 30, of Edwardsville, was held to 13 points, well below his average.

"Chris is seeing all kinds of defensive designs to take him out of the game," Toenjes said. "But other people have stepped up to help us out."

The Panthers shot 77 percent from the field and 50 percent from the free throw line compared to 52 percent, (11 of 21) for Granite City.

"We've been shooting free throws pretty good all year, but we've been shooting line more than like," Toenjes said. "It seems like our defense has gone downhill the last few weeks. We're getting beat off the dribble way too much."

Ron Smith and Jay Simpson led the Warriors with 18 and 17 points, respectively. Kyle Briggs added 10.

"JAY IS ONE of our leading scorers and is a very good 3-point shooter," Van Buskirk said. "We're really happy with Ron Smith. He's a sophomore and he keeps improving each game."

"I have to give credit to John and the kids. They're working hard. But the other kids are helping them. As a team, we still have a long way to go."

Granite City will visit Collinsville in its next game Friday.

•Body Shoppe

(Continued from Page 1B)

"We've designed some programs where people can really get results."

The programs vary, but most of McKinney's clients attend three sessions per week.

When his gym first opened, McKinney's business operated under the name of "Body Shoppe" for individuals. But the business has evolved and is now an alternative to larger health clubs.

In the past two years, McKinney has targeted his business toward married couples interested in exercising together.

Couples who join typically schedule appointments around their work schedule and usually make visits in the evening or on weekends, McKinney said.

"It's a great deal for husbands and wives," McKinney said.

"People are intimidated by going to a large gym. They don't know what to do. We make it very personal and private, and we make people feel comfortable. Everything you need is here."

• USED CARS •

- 94 Cavalier RS Sedan, V6, Loaded
- 94 Cavalier RS Coupe
- 94 Cavalier Grand AM SE
- 94 Chevy Lumina Euro, 4 Door
- 94 Chevy Corsica
- 94 Chevy Camaro
- 94 Caprice Classic Station Wagon
- 93 Pontiac Sunbird LE Coupe
- 93 Ford Festiva L
- 92 Cavalier Station Wagon
- 92 Chevy Lumina Euro, 4 Door
- 92 Chevy Cavalier RS 4 Door Sedan
- 92 GEO Metro, Auto., A/C, 19xxx Miles
- 92 Pontiac Grand Am AE
- 92 Chevy Lumina Euro, 4 Door
- 91 Chevy Lumina Euro, 2 Door
- 90 Chevy Lumina Euro, 4 Door
- 88 Caprice Classic Station Wagon
- 88 Toyota Camry L
- 88 Chevrolet Caprice Classic Brougham LS
- 86 Buick Park Avenue, SS, 55,xxx Miles

• USED TRUCKS •

- 94 Chevrolet Lumina Mini Van
- 94 Chevrolet C1500 Extended Cab Silverado
- 92 Chevrolet Astro CL All Wheel Drive
- 92 Chevy C1500 Sportside
- 92 Chevrolet 1500 L/Bed, V-6, Auto, Shell
- 92 GMC K1500 SLE 4x4 Pickup
- 89 GMC Sierra SLE 1500 Pickup

HAMILTON
120 West Vandalia, Edwardsville, 656-6400

Sales Dates 2/8 through 2/11

Revco BEVERAGE Buys



3.69 12-pack
Old Milwaukee
Regular or Light
12-pack, 12 oz. cans.

5.99 24-pack
Hamm's
Regular, Light
or Genuine Draft
24-pack, 12 oz. cans.

4.49 12-pack
Busch
Regular or Light
12-pack, 12 oz. cans.

10.29 each
Windsor Canadian
Whisky 1.75L

10.29 each
Seagram's Gin
1.75L

11.49 each
EarlyTimes
Bourbon 1.75L

13.49 each
Smirnoff Vodka
1.75L

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Hi there! — Colonial Care Center recently hosted a "Pet Day." Visitors and staff were encouraged to bring in their pets. In this photo, resident Agnes Garin, seated, is greeted by "Barney." Standing is "Barney's" owner, Tracey Alfaro, a secretary at Colonial Care Center.

Military

Travis McGovern

New Seabee Recruit Travis L. McGovern, son of Helen J. Hayden of Granite City, recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill.

During the eight-week program, McGovern completed a variety of training which included classroom study, practical hands-on instruction and an emphasis on physical fitness. In particular, McGovern learned naval customs, first aid, fire fighting, materiel safety, survival and a variety of safety skills required for working around ships and aircraft.

McGovern and other recruits also received instruction on the Navy's core values — honor, courage and commitment; and what the words mean in guiding personal and professional conduct. McGovern joins 55,000 men and women who will enter the Navy this year from all over the country.

He is a 1994 graduate of Northwestern High School in Palmyra.

Ian Whitsell

Navy Airman Ian J. Whitsell, son of Audrey E. Subblefield of Granite City, recently returned from a six-month deployment to the Western Pacific Ocean with Strike Fighter Squadron 97, embarked aboard the aircraft carrier USS Kitty Hawk.

Whitsell was one of 5,000 sailors and Marines aboard the carrier who completed the 31,000-mile voyage. He participated in operations with the U.S. Air Force and multinational exercises with naval forces from South Korea, Japan and Australia.

Home based at the Naval Air Station at Lemoore, Calif., Whitsell's squadron flies the F/A-18C Hornet, a two-engine, supersonic strike fighter capable of providing protection against enemy aircraft, delivering ordinance on targets on land and sea, and providing close-air support for troops on the ground.

He joined the Navy in July 1991.

Church Women United holds meeting

The regular Church Women United unit meeting was held Jan. 26 at the Central Christian Church in Granite City with Helen Stumpf, president, in charge of the meeting and the devotion, which preceded the meeting.

The program for the annual meeting held Jan. 5 was distributed together with the new by-laws that were adopted. Annual reports for the past year were included in the program.

Upcoming dates include:

✓ March 3, World Day of Prayer at 1 p.m. at the Trinity Methodist Church, 25th and Henry streets.

✓ March 10, Lenten Luncheon at the St. Elizabeth Catholic Church, 2300 Princeton Road, from 2 to 4 p.m. The cost will be \$3. Many musical groups from many churches and individuals will provide the music. This annual program has been very well received in the past 11 years of its existence.

✓ April 30, CWP Walk in Granite City. Recruiter meeting at Trinity Methodist church at 7 p.m.

✓ May 5, May fellowship day will be held at 11:30 a.m. at Hope Lutheran Church, 3715 Wabash Ave., in Granite City. A salad luncheon will be served for which tickets are needed. The cost will be \$5. Mass B will be 20, Shrine to the Immaculate Conception at the National Shrine of Our Lady of the Snows in Belleville. The Christian Women United choir will sing at this meeting.

✓ Sept. 8 and 9, Christian Women United retreat at King's House in Belleville. A tour of the facility may be offered after the area institutions and community meeting at 7 p.m. on Sept. 13.

✓ Oct. 27-29, Regional assembly in Louisville, Ky.

✓ Nov. 3, World Community Day held at Third Baptist Church, 26th Street and Grand Avenue.

Annabelle Patton reported that Seibold's Bakery will furnish each

Churches that will host the Lenten luncheons and services that begin at 12:05 p.m. are as follows:

✓ March 1, St. Peter United Church of Christ (Ash Wednesday).

- ✓ March 6, Third Baptist Church.
- ✓ March 15, Trinity Methodist Church.
- ✓ March 22, Dewey Avenue Methodist Church.
- ✓ March 29, Good Shepherd Methodist Church.
- ✓ April 5, Suburban Baptist Church.
- ✓ April 14, Niedringhaus United Methodist Church (Good Friday).

The next meeting of Christian Women United will be held at 7 p.m. Feb. 22 at Central Christian Church. This meeting is in place of the regular morning meeting.

Other members are Ruth Lelik, Lena Seitzer, Dorothea Rivenburgh, Dorothy Kinney, Doris Votaw, Ola Jones, Mae Lee, Jean Hileman, Nina Corzelius, Louise Anderson, Dolores Mosley, Annabelle Patton, Mildred Jungels, Doris Edwards, Eva Clemons, Helen Stumpf, Millie Clements, Marie Moore, Doris Anderson and Pastor Rose Hermonat.

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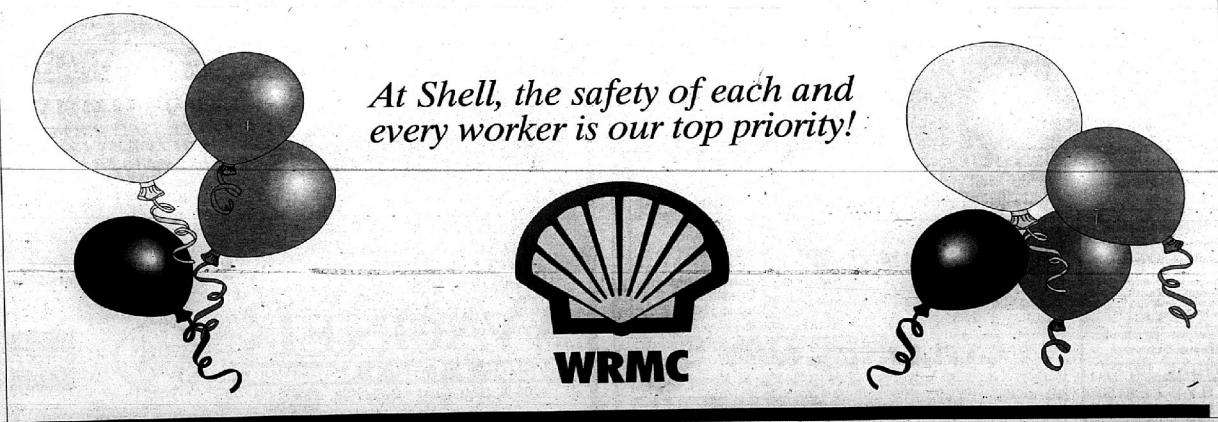
COMMUNICATION CONCEPTS 2110-D TROY RD 1309 VANDALIA 66 AIRPORT PLAZA EDWARDSVILLE COLLINSVILLE BETHALTO 692-6025 344-7930 377-4760

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Personal commitment to working safely has resulted in a best-ever safety performance by contractor employees at Shell's Wood River Manufacturing Complex

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Community calendar

Our event calendar also includes entries for community groups and their normal meeting days. Submissions are on the first Monday of the month, etc. Readers are encouraged to call these groups if holidays or other days are observed.

Corrections, additions and deletions of information are encouraged, and new entries calling for a byword at 876-2000. This calendar runs in every Wednesday's Journal.

Wednesday, Feb. 8

American Association of Retired Persons Chapter 1240, Valentine dance at the Granite City Township Hall, 2060 Delmar Ave., Doors open at 5:30 p.m., Refreshments served at 6 p.m., followed by a short business meeting. Dancing will begin at 7 p.m. with Jerry's Kids. A \$2 donation will be taken at the door. All seniors 50 and over are welcome. For more information, call 876-8328.

Granite City Chess Club meets from 6 to 9 p.m. at the Granite City Public Library. For more information, call 876-4328.

Mount Zion General Baptist Church, 2827 Mockingbird Lane, in Granite City, will offer free glow sticks to those in need from 10 a.m. to noon.

Pulmonary Support Group, for persons with diagnosed lung condition, 11 a.m. to noon, 4 Doctors' St., Suite 100, St. Elizabeth Medical Center, 7913019.

Alcoholics Anonymous, 11 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 807-6600.

Alcoholics Anonymous, 8 p.m., St. Elizabeth School's Noah's Ark Day Care, Pontoon Road, Granite City. The meetings are closed except for the last Wednesday of the month.

Collinsville Area Recreation District in conjunction with the Boots and Slippers Square Dance Club will sponsor square dance lessons at the Collinsville Park at Lamham, 2200 Vandalia St., Collinsville. The cost is \$2.50 per person, per session. For information, call 344-4838 or 344-4833, or contact CARD at 344-4832.

Divorced and Separated Group Ministry, 7:30 p.m., Eden United Church of Christ, 901 Second Street, Granite City, 656-4900.

Al-Anon, 7:15 p.m., Gateway Foundation, 600 Lincoln, Caseyville, 463-2429.

For more information, the group meets 6 to 8 p.m. For information on where meeting will be

held, call Elaine Landolt, 462-2714.

Stress Management Class, 7 to 8 p.m. at Mental Health Service Center, 501 South Industrial Drive, Granite City. For people who want to know what causes stress, how it affects their lives, and what they can do about it.

Information call 877-4420. Fees are based on a sliding income scale.

Madison Community Action Group, meets at 7 p.m. For more information call Diane at 452-2336 or Diane at 376-1360.

Thursday, Feb. 9

Edwardsville Kennel Club, 7:30 p.m., Hayes Mallory Community Building, 216 Crane St., Edwardsville, open to the public.

Madison County Genealogical Society, meets 7 p.m. at Immanuel United Church, 800 N. Main, Edwardsville.

Navy Mothers Clubs of America, 7:30 p.m. at the Veterans of Foreign Wars Post in Granite City. Mothers, fathers,

daughters, wives or sisters of former and present Navy, Marines, Coast Guard or Sea Bees are encouraged to join. For further information, call 931-2292 or 876-2298.

Chouteau Township Senior Citizens, 9 a.m. to 2 p.m., Social Center, 908 Thorngate Drive, Mitchell.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., First Christian Church, Mitchell.

Alcoholics Anonymous, 11 a.m., 2116 Club, 2116 Edison Ave., Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., Anchorage Recreation Center, 2009 Edwards St. For information, call 797-8351 or 877-2784.

Al-Anon, 8 p.m., Wellness Center, 2103 Iowa, 463-2429.

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Al-Anon, 8 p.m., Wellness Center, 2103 Iowa, 463-24

•Calendar

(Continued from Page 7B)

Sunday, Feb. 12

Midwestern United States Imperial Dance Club (MUSIC) will hold its regular meeting at 6 p.m. at the American Legion Hall in Collinsville. The public is invited for dance lessons and open dancing at a cost of \$4 for nonmember and \$2 for members. For more information, call 463-2408.

Alcoholics Anonymous, 1:30 p.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Narcotics Anonymous, Live the Steps, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

Alcoholics Anonymous, 8 p.m., St. Elizabeth Medical Center, Pascal Hall, main floor, Granite City, 1 (800) 307-6600.

Eagles Auxiliary 1126, Bingo, 1 p.m. at the Nameoki Bingo. Also bingo and cards, a color raffle, and 50/50 drawing.

Overeaters Anonymous, meets at 2 p.m. in the Wiesman Room, first floor, St. Elizabeth Medical Center in Granite City.

Monday, Feb. 13

Granite City Lions meet at 7 p.m. at the Knights of Columbus Hall in Granite City in either the auxiliary room or the Pinto room. Any man or woman 18 or older interested in Lionsism is welcome to attend. Anyone interested may call Lion President Marlene Cook at 376-2515 or Lion Treasurer Ken Turcott at 377-7000.

Madison St. Clair C.H.A.D.D. (attention deficit) Parent Support Group meeting has been canceled until further notice. For more information, call Jim and Kathy Little at 345-0933, Lucille Caban at 876-7028 or Sheila Hornsey at 462-4015.

National Association of Retired Federal Employees (NARFE) Chapter 1067 meets at 11:30 a.m. at Charlie's Restaurant in Granite City. For more information call 931-2118 or 876-8450.

Al-Anon, 1 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon, 9:30 a.m., 2116 Club, 2116 Edison, Granite City, 463-2429.

Neglected Victims of Child Sexual Abuse, a support group for nonoffending parents, meets from 7 to 8:30 p.m. at Southern Illinois University at Edwardsville's Rape and Sexual Abuse Care Center. Call 692-2197 for details.

TOPS 2048 (Take Off Pounds Sensibly), 6 p.m., Melvin Price Support Center in Granite City; 876-2124.

TOPS II, 6:45, 7 p.m., Anchorage Recreation Center, 2902 Edwards St., Granite City, 463-8102. Men and women welcome.

Wal-Mart Senior Citizens, 6 p.m., 7:30 to 8:30 a.m.

Tuesday, Feb. 14

Beneficial and Protective Order of the Larks, Granite City Lodge 1063, Maryville Road, Granite City, 931-3557, 8 p.m. **Eagles Auxiliary 1126** will hold a meeting at 7:30 p.m. at the Eagles Hall, 2016 Madison Ave., in Granite City. A birthday party will be held for Ann Pates, president, and a social hour and refreshments will follow the meeting.

The Edgewood Program will host a talk and film on "Alcohol and Drug Addiction—What is it?" at 7:30 p.m. at the St. Elizabeth Medical Center. The speaker will be Warren Neal, counselor with SEMC's Behavioral Health System. This talk is free and open to the public. For more information, call 798-3012.

Knights of Columbus, 3rd Degree, 4225 Old Alton Road, 7:30 p.m., 877-4250.

Edgewood Club will host a Valentine's Day dance from 7 to 9 p.m. at 2100 Cleveland Blvd. in Granite City. There will be free food and drinks.

Wife's Getaway

Ladies from various business will be gathered from 11:30 a.m. to 1 p.m. in the banquet room at Jerry's Cafeteria in Granite City. The purpose will be "The Ten Commandments for Resolving Conflicts". For additional information, call Jill Maynard at 931-0342. The event is hosted by Calvary Women's Fellowship.

Alliance for the Mentally Ill, 7 p.m., Eden United Church of Christ, 903 N. Second St., Eden Prairie; for information call 677-5000.

Better Breathers, support group of those with chronic lung condition, 1 p.m., Pascal Hall, St. Elizabeth Medical Center, 798-3518.

Mitchell Fire Protection District 2 monthly meeting, 7 p.m., Mitchell Fire Department, Oldach Room.

TOPS 4099, will meet at 6:45 p.m. at the Melvin Price Support Center, 2902 Edwards St.; call 797-2724 for more information. Men and women are welcome to attend.

Alcoholics Anonymous, 8:30 a.m. and 8 p.m., 2116 Club, 2116

Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous (women only), 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. John's United Church, 2901 Nameoki Road, Granite City, 692-8978.

Al-Anon, 8 p.m., St. John's United Church, 2901 Nameoki Road, Granite City, 692-8978.

Al-Anon, 8 p.m., Niedringhaus United Methodist Church cafeteria, 20th and Delmar, Granite City, (babysitter available), 463-2429.

Alateen and PreAlateen Program for 12 to 17 age group, and prealateen for six to 11 year age group, meets at 7 p.m. at Full Gospel Fellowship Hall, 2301 Old Alton Road, Granite City. No bus will be provided. If a ride is needed, call 451-4020 or 1 (314) 868-1865.

The Circle of Hope, a 12-step healing program for anyone whose life is affected by HIV/AIDS, meets at 7 p.m. at King's House on North 66th Street in Belleville. For more information, call 234-0291.

Granite City Kiwanis meet at Shoney's at 7:30 a.m.

Narcotics Anonymous, Path to Recovery, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

School of Physicians, 10 a.m. to 10:30 p.m., 2449 Royal Place, St. John, Mo., 63114. Classes in applied metaphysics. Call McManus at 429-0076.

Students honored

Kerri Pauley of Granite City was named to the president's list and the mathematics, computer and robotics teams, both of Granite City, and Vicki Jenkins and Michele Jones, both of Hartford, are four of the more than 100 students and their parents that have been named to the honors list for the fall semester at the college in Godfrey.

To be eligible for the president's list, students must have attained a cumulative grade point average of 3.75 or a possible 4.0 scale. The dean's list required a grade-point average of between 3.25 and 3.74.

Alcoholics Anonymous, 8:30 a.m. and 8 p.m., 2116 Club, 2116

FAMILY

Evening Circle group meets

poor and a warning to the wealthy.

The lesson causes everyone to reflect on the question: How can we respond faithfully to the power of Jesus' identification with the poor and to the challenge He presents to our way of living?

A discussion followed after which each member read an appropriate Bible verse. A prayer in unison concluded the lesson.

The meeting closed as the members formed a circle and repeated the Mizpah benediction.

A social hour followed as the hostess served refreshments to Betty Schmedake, Barbara Landis, Shirley Yates, Burdine Holtzscher, Gladys Fuhrman and Gladys Page.

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Today's Food

Wednesday, February 8, 1995

Food & Nutrition

Wise Ways

Meringue stars give sweet impression without a burst of fat.
INSIDE

Living Lean for Adults

Tomato sauce, excellent for everyday or special occasions throughout the year, is even a hearty red for Valentine's Day.
INSIDE

Blue Ribbon Cook

Yogurt moistens, flavors, colors winning muffins.
INSIDE

Private Label Test Run

Wrap it up with a plastic cover that holds. Does Best Choice clear plastic wrap from Price Chopper keep its place?
INSIDE

Micro Raves

Being an angel by eating right most of the time should have its reward. Can it be cheesecake?
INSIDE

Lively Taste

When marinading poultry or seafood, orange, pineapple, lemon or lime juice gives flavor variety. Cooked vegetables or salad also gains pizzazz when sprinkled with juice just before serving.

Health & Fitness

Medicine Chest

Home testing kits give cues for further medical treatment.
INSIDE

Fresh Picks

To keep broccoli color bright, steam it over boiling water in a covered vegetable steamer. Turn off the heat when the broccoli is slightly underdone, because it continues cooking on its own. Let the steam escape or the color darkens. When boiling broccoli, add 1 teaspoon lemon juice or vinegar to each cup of cooking water to keep it green.

Big Fat Tip

There is no legal definition for white chocolate, so products vary a lot. When cocoa beans are ground to a liquid and pressed to remove the fat, the solid remaining is cocoa, while the fat removed is called cocoa butter. In theory, white chocolate is made from cocoa butter, sugar, milk and flavorings. However, most candies known as white chocolate replace all or almost all the cocoa butter with vegetable fats. While nutritional content varies with ingredient proportions, white chocolate is usually equal to — and often exceeds — brown chocolate in fat and calorie count.

Future Shop

It is hard to thwart tradition. Love poems Frenchman Charles duc d'Orléans wrote to his wife while he was imprisoned in the Tower of London on Feb. 14, 1415, originated the valentine message. Aristocrats took pride in adding costly flowers and chocolates. To conceal a sender's identity, a valentine was delivered by messenger, or the writer himself, wearing a mask, carried it by hand.



Celebrate Valentine's Day with Sweetie Pies, in front, or Cherry Biscotti and a glassful of cool Almond Dream (recipe in story) or warming Fireside Punch.

By Janice Denham
Staff writer

Remember when you pasted red paper hearts all over a shoebox covered with foil? At last you cut a slit in the top so schoolmates could poke silly-saying valentines into it.

After the school party hoopla, it was fun to go home, eat heart candy with messages and read the cards again — with a friend to share the pun fun — and dream that the unsigned, most ridiculous one was dropped by a hoped-for admirer.

It was excellent training for Valentine's Day today. A card with a heartfelt verse, the warmth of having a close friend, and cherry-red desserts and drinks add up to the message that love, thoughtfulness and romance are alive.

Red denotes passion, while pink adds a sweet tone. Rose is the flower of love. According to legend, all roses were white until Aphrodite pierced herself on a rose thorn, coloring the flower. A yellow rose denotes friendship.

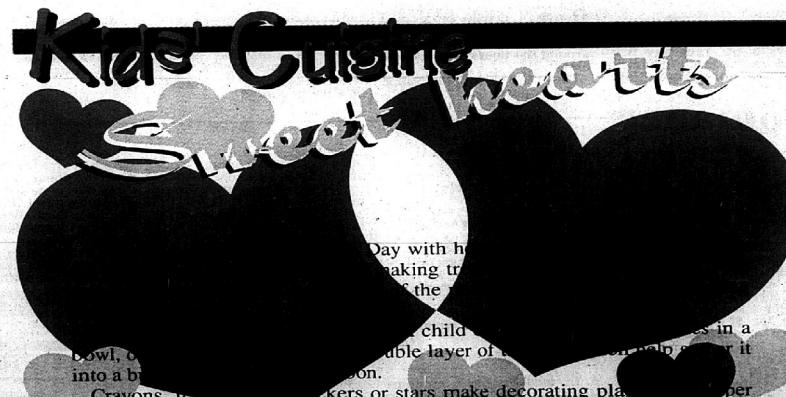
Azaleas denote romance, a white azalea first love. A red carnation predicts passion that comes with deep and pure love. Love birds usually opt for a romantic dinner-for-two at home or away. A dessert made in advance for sweet savoring later — by a crackling fire or candlelight — sounds as warm and friendly as that day of giggles or manly disaffection after the school valentine party.

A smooth drink adds to the relaxing note of these special cherry desserts. Caffeine-free herbal teas give them flavorful notes.

For a cool, rich, Almond Dream, pour 2-1/2 cups water over 6 almond-flavored herbal tea bags. Steep, covered, 5 minutes. Remove the tea bags. Stir in 1/2 cup sugar. Cool. In blender, process 1 cup whipping cream until thickened. Add the tea mixture and continue processing until blended.

Serve the mixture over ice in 6- to 8-ounce glasses. Sprinkle with ground nutmeg, if desired, when serving. This makes 6 servings.

SEE ROMANCE, INSIDE TODAY'S FOOD PAGE 2



Day with his or her sweethearts. Break the tradition of the valentine message. Instead, let a child draw a picture in a bowl, or let the child help prepare it into a bite-size treat for the occasion.

Crayons, frosting markers or stars make decorating plates easy. A child gets the idea of drawing hearts at a young age. For a less creative design, hold a cake or cookie mold still while a child draws around it.

Today's Food

Private Label Test Run



Testers pulled, tore, wrapped and gathered their way through a roll of Best Choice clear plastic wrap from Price Chopper.

Testers want to cut loss with a wrap-up

Suburban Journals' Private Label Test Run testers want plastic wrap to hold tight enough, though not to deteriorate and be easy to pull off the roll and tear off. The Best Choice clear plastic wrap from Price Chopper seemed to fulfill their requirements.

The first impression was good. The box worked well.

"I got the roll open and the wrap pulled out very easily," said the first tester.

She noticed quickly that the weight of the wrap was heavier than less expensive plastic wraps she remembered.

"I haven't bought private label wrap in years," one tester said. "This is different. It doesn't tear and doesn't double up."

A tester said the wrap had a "substantial" feel.

Wrapping it around a bowl of leftovers — from pasta to gelatin, sauerkraut to mashed potatoes — produced a cover that

gathered together well and usually stayed that way under refrigeration.

"I don't like some wraps that cling too much either or they get tangled on themselves," a tester said. "I found this Best Choice product works at the right times. It even makes bowls from the microwave to reheat with the wrap intact and it worked fine."

When she said it "worked fine," she meant it stayed on the bowl and with a light reheating did not shrivel.

A 100-square-foot roll cost \$1.06.

A tester who used the remainder of a roll found the box continued to cut the wrap well and leave a handy edge for the next job.

Celebrating Valentine's Day with Sweetie Pies, in front, or Cherry Biscotti and a glassful of cool Almond Dream (recipe in story) or warming Fireside Punch.

Living Lean for Adults

Micro Raves

By SANDRA HOUNSOM

Insert word 'eat' instead of 'diet'

It only has four little letters, D-I-E-T, but the word scares people. If the new year has held a new diet, it may be time to make a new resolution with more letters but a simpler feel: Eat healthier.

Using a microwave oven can contribute to healthier eating. Because food takes less time to cook, vitamins and minerals are retained. Microwaving brings out the flavor of food, so less salt is needed to gain intensity. It also cooks without added fat.

A diet is based on restricting or eliminating food, but it is much more fun to look at what can be eaten, because variety is the spice of a healthy life.

People like to count can direct their goals to 10 to 15 percent of the food they eat coming from protein, with no more than 30 percent of calories coming from fats. Sixty

to 65 percent should be carbohydrates. The emphasis on carbohydrates leads to eating a large variety of fruits and vegetables, which are low in calories and high in fiber.

Does this mean there is no room for dessert? Not at all. Feeling deprived does not lead to success in eating well. Fruit contains natural sugar and helps get to that goal of 60 percent, but special occasions offer leeway in other directions.

For a valentine treat, this cheesecake is indulgent, a lower-fat, lower-calorie way. Substituting low-fat ricotta cheese for cream cheese and egg whites for whole eggs makes the difference. A strawberry on each serving gives it a gourmet touch.

CHEATER CHEESECAKE

3 tbsp. regular margarine

1 cup graham cracker crumbs

2 tbsp. plus 1/2 cup sugar

1 carton (15 oz.) part-skim ricotta cheese

1 cup low-fat plain yogurt

3 egg whites

1/2 tsp. almond extract

10 fresh strawberries

In 9-inch round glass baking dish, microwave on power 4 to 6 seconds until melted. Stir in graham cracker crumbs and 2 tablespoons sugar. Press firmly against bottom of dish. Microwave on high power 1 1/2 to 2 minutes until set, rotating dish after 1 minute.

In medium bowl, combine ricotta cheese, yogurt, egg whites, 1/2 cup sugar, vanilla and almond extract. Beat on high speed of electric mixer

until smooth. Microwave on medium (50 percent) power 4 to 7 minutes until very hot, whisking every 2 minutes.

Pour into prepared crust. Microwave on medium power 7 to 15 minutes until center is almost set, rotating dish one-quarter turn every 3 minutes. Filling becomes firm as it chills. Cool slightly. Refrigerate at least 6 hours.

Slice each strawberry lengthwise almost to stem in thin layers like a fan. Place 1 strawberry fan on each serving.

Makes 10 servings; 186 calories, 8 g protein, 20 g carbohydrate, 8 g fat. Exchanges: 1 milk, 1 fruit, 1 1/2 fat. Recipe courtesy of "Microwaving Light and Healthy," Microwave Cooking Library Series, Cy DeCosse Inc., 1985.

Home economist Sandra Hounsom specializes in microwave cooking.

Medicine Chest

By REBECCA COLEY

Home testing kits wave healthful flags

As consumers take more interest in their personal health, many have sought out home testing kits. In 1993 alone, this market was nearly \$1 billion.

While 90 percent of home test product sales are for pregnancy and blood glucose monitoring, consumers now can buy devices to monitor blood pressure or screen cholesterol, detect heart attack infections and measure peak flow for those with breathing

difficulties.

Test kits are supplied with clear, concise, illustrated instructions. Many also have a toll-free (800) number to call for help with interpreting the test, asking questions or requesting information.

However, it is wise to seek the advice of your physician or pharmacist before using one of these kits. A health professional who knows you and your needs can provide information specific to you.

Here are guidelines when selecting and using a home test kit:

• Read all information carefully. Ask questions before using the test if there is any confusion.

• Consider the appropriate time and place for conducting the test. Check the need for a timer or device to count minutes or seconds. Some tests require avoiding food, drink or medication.

• Have someone assist you if you have a visual impairment that can hinder your ability to interpret the test.

Report the results of your home testing to your physician. Log home test results along with the rest of medical records, telling the data, time, the test used and results.

Registered pharmacist Rebecca Coley is assistant professor of pharmacy administration at the St. Louis College of Pharmacy.

Wise Ways

By MARY SCHROEPFER

Cookies, Valentine's Day perfect match

Chocolates and Valentine's Day make a perfect match — unless someone is checking the fat in chocolate. An average 1 1/2-ounce bar of milk chocolate yields 230 calories and 14 grams fat.

To satisfy a sweetheart's sweet tooth without plumping calories with fat, try Lite Meringue Candies, which provide only 2 calories and no fat per sweet kiss.

Match the flavoring extract and food coloring to the occasion. Valentine's Day calls for cherry or strawberry extract and red food coloring, while the bend toward St. Patrick's Day calls for peppermint extract and green coloring.

Continue beating until soft peaks form. Gradually add sugar, 1 tablespoonful at a time, beating until stiff peaks form. Beat in fruit and vanilla extracts until just blended.

Spoon meringue into deco-

LITE MERINGUE CANDIES

3 egg whites, at room temperature

1/4 tsp. cream of tartar

1/8 tsp. salt

6 drops red food coloring

1/4 cup superfine sugar (see note)

1/2 tsp. strawberry or cherry extract

1/2 tsp. vanilla

Preheat oven to 225°. Line 2 large baking sheets with aluminum foil.

In large mixing bowl, using electric mixer on high speed, beat egg whites until foamy. Sprinkle cream of tartar, salt and food coloring over whites.

Continue beating until soft peaks form. Gradually add sugar, 1 tablespoonful at a time, beating until stiff peaks form. Beat in fruit and vanilla extracts until just blended.

Spoon meringue into deco-

rating bag fitted with No. 30 star tip. Pipe meringue stars or rosettes onto prepared baking sheets. In lieu of decorating bag, fill resealable plastic bag with egg white mixture. Seal closed. Cut 1 1/2-inch hole in one corner of bag, then squeeze mixture onto lined sheets.

Bake in preheated oven 45 minutes. Turn oven off. Let dry in oven 1 hour. Remove from oven. Let dry completely on wire rack.

Lay candies between strips of waxed paper in airtight container. Store at room temperature up to 1 week.

Home economist Mary Schroepfer is nutrition specialist for University Extension (University of Missouri system) in Franklin County.

Correction: In "Wise Ways" Jan. 26 the Pumpkin Pie Squares contained an error in the nutrition analysis. Each of 12 servings has 250 calories and 9 grams fat (31 percent of calories from fat).

Pasta makes every cook Italian

SICILIAN SPAGHETTI SAUCE

1 or 2 onions, chopped
4 tbsp. olive oil
6 cans (6 oz. each) tomato paste (Contadina preferred)
9 cups water (12 cansful)
5 tbsp. sugar
1/2 tsp. salt
1/2 tsp. pepper
1/4 tsp. garlic salt
3 tbsp. chopped parsley
1/2 tsp. sage
1/4 cup grated parmesan
1/4 cup basil

In large stockpot, saute onion in olive oil until clear. Add tomato paste and water. Bring to slow boil.

Add sugar, salt and pepper, garlic salt, parsley, sage, parmesan cheese and basil. Simmer 1 to 1 1/2 hours.

Registered dietitian Cindy Berner is a member of the nutrition committee for the American Heart Association, St. Louis Chapter.

Romance

Continued from page 1C. For a set of 10 illustrated recipe note cards, mail 2 UPC codes and \$1.99 in check or money order payable to Thomas J. Lipton Co., Lipton Soothing Moments Tea Note Offer, P.O. Box 1029, Department FF, Grand Rapids, Minn. 55745-1029.

To be ready to celebrate with cherries all year long, send for a 36-page recipe brochure for \$1.50 (check or money order payable to Cherry Marketing Institute) to: Cherry Marketing Institute, 2220 University Park Drive, Department V, Okemos, Mich. 48864.

CHERRY BISCUOTTI

2 cups flour

1/2 cup finely chopped walnuts
1 tsp. baking powder
1/4 tsp. salt
2 eggs plus 1 egg white
1/4 cup oil
1 tbsp. orange juice
1/2 cup grated orange peel
1/2 tsp. vanilla
1 cup dried tart cherries, chopped

Extra flour and sugar

Preheat oven to 350°. Grease baking sheet.

In medium bowl, combine flour, walnuts, baking powder and salt.

In large bowl, combine sugar and 2 whole eggs. Using electric mixer on medium speed, beat 2 to 3 minutes until thick and pale

yellow. Add oil, orange juice and peel and vanilla. Beat 1 to 2 minutes until well mixed.

Gradually add flour mixture. Mix until blended. Stir in cherries by hand.

Turn soft, sticky dough onto lightly floured surface. Sprinkle with additional flour. Knead flour into dough. With floured hands, shape into two 8- to 9-inch logs. Place 3 to 4 inches apart on prepared baking sheet. Flatten tops slightly.

Combine egg white with about 1 tablespoon water. Brush on logs, then sprinkle with sugar. Bake in preheated oven 25 to 30 minutes until lightly browned. Cool on baking sheet 15 minutes.

Reduce oven temperature to 300°.

With serrated knife, cut logs diagonally in 1/4-inch slices. Arrange cut side down on baking sheet. Bake 8 to 10 minutes. Turn slices. Bake 8 to 10 minutes longer until golden brown.

Remove to wire rack. Let cool completely. Store, loosely covered, at room temperature.

Makes about 2 1/2 dozen.

SWEETIE PIES

1/2 cup finely chopped pecans
1 (21 oz.) cherry pie filling
1 tsp. almond extract
White baking chocolate, melted (optional)

Preheat oven to 350°.

In large bowl, combine butter, cream cheese and sugar. Add flour and pecans. Mix well.

Roll dough in 1-inch balls. Press evenly in bottom and up sides of mini muffin cups.

Combine cherry filling and almond extract. Spoon about 1 tablespoonful cherry mixture into each pie shell. Bake in preheated oven 20 to 25 minutes until lightly browned.

Cool in pans 5 minutes. Remove. Cool completely on

wire rack. Drizzle with white chocolate or decorate as desired.

Store, loosely covered, in refrigerator.

Makes 2 dozen.

FIRESIDE PUNCH

1 1/2 cups cherry juice blend
1 1/2 cups water

4 cinnamon-apple or orange herb tea bags

2 tbsp. brown sugar
Brandy, if desired
Cinnamon sticks, if desired

In medium saucepan, bring juice bags to boil. Add tea bags. Steep, covered, 5 minutes. Remove tea bags.

Today's Food

Cup of Coffee

By JANICE DENHAM

Heart Month contest invites tasty recipes

By Janice Denham

Staff writer

Hearty eating can be healthy eating. The goal is not to be slim as a pencil or wispy as a feather. It means a person can eat filling, delicious food that makes a person feel good and resilient to some illness.

What makes some foods better than others?

The fact that they feed the body, rather than overwhelm it with foods that do not nourish it at all or give it more of what it doesn't need, like fat.

February is a good time to find ways to eat the fat in favor of providing more nourishing foods.

Your recipes that show how you eat smart with fat, cholesterol and sodium at a lower-fat level can be sent to the Eating Right Recipe Contest by Feb. 1. One entry in each of four categories will be considered by the Journal and dietitians at the American Heart Association, St. Louis Chapter.

They should be consistent with today's cooking style of streamlined preparation and

minimal ingredients. Extra consideration is given for how it was changed from the original high-fat recipe which can be submitted with the update.

The categories are:

• **30-Minute Main Dish:** Hot or cold, this can be any type of main dish for dinner or lunch.

• **Microwave:** Just as the quick-acting microwave oven has invaded every part of life, any use of microwave recipe is welcome.

• **Ethnic Dish:** A nationally oriented recipe that trades fatty meat for lean meat or vegetables, makes more of pasta than creamy sauce, bakes rather than fries ingredients, or substitutes fat or cream are typical of what judges are anticipating.

• **Fruity Dessert:** Sweet in many forms is a sweet treat on special occasions.

Send entries to: Eating Right Recipe Contest, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

Here are a few tips gathered from previous contests that can help you eat more healthfully:

• Sour cream and cheese:

Use less or check out lower-fat products to replace it.

• **Appetizer trays:** Stick to fresh vegetables, or chips or nacho chips. Vegetables are one of the foods that nourish a body while they fill 'er up.

• **Salads:** Keep them light. Use darker leafy greens for most nutrition and try a fat-free dressing. Dressings can be used as flavorful, creamy flavor enhancers in hot dishes, too.

• **Desserts:** Often the down side of an otherwise healthful eating style, sometimes they can be revised. Skip the crust or make pie with graham cracker crumbs and a bit of reduced-fat margarine. Dollop fruit servings with a bit of reduced-fat whipped topping rather than mixing in a tubful. Use skim milk or evaporated milk for higher-fat milk or cream. This holds for soups, too.

• **Chocolate:** Select recipes that use cocoa and minimal margarine or butter. Eat a smaller slice of a rich chocolate dessert.

• **Cooking fat:** Drain it away. Don't let wholesome foods cook in it.

• Sour cream and cheese:

Blue Ribbon Cook

Muffin jumps to the top with light, fluffy flavor

Rick Wiener, St. Louis, is the winner of this week's recipe contest for Blue Coast Muffins. For it wins a prize of dinner certificates from Pasta House Co.

These muffins use a carton of yogurt for flavor and texture. The strawberry-banana mixture offers a touch of pizzazz.

• **Blue Coast Muffins:** For the best mix through the dough. The yogurt flavor can be varied by fruit preference.

Recipes in this month's Citrus Recipe Contest will be accepted through Feb. 28 for consideration as a winner each week.

Send in any type of recipe, beverage, appetizer, dessert, main dish or side dish — that uses some form of citrus for a major source of flavor.

One recipe per household can be sent to: Citrus Recipe Contest, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

As usual, if there is a history to the recipe, it will be considered part of the entry. Along with taste

and eye appeal, it will be used as a basis for selecting the winner. Originality will be considered, although the recipe need not be original. If possible, name the recipe's source. Include the name of the Journal you receive.

Winners are notified by mail. Duplicate entries will be considered on the basis of earlier entry or best compliance with the rules. Contest winners may enter again six months after the prize-winning publication date.

GOLD COAST MUFFINS

1 cup diced apple, such as
granny smith
1/2 cup golden raisins
1/2 cup cake mix spice (or 3/4
tsp. cinnamon and 1/4 tsp.
allspice)
2 cups flour
1 tsp. baking powder
1/4 tsp. baking soda

1/2 tsp. salt
1/4 cup sugar
1 carton (8 oz.)
strawberry-banana yogurt
1 cup orange juice
2 tbsp. oil
1 tsp. almond extract
1 egg, slightly beaten

Preheat oven to 400°. Coat muffin tins with nonstick cooking spray.

In small bowl, combine apple, raisins, spice and 2 tablespoons flour.

In large bowl, combine remaining flour, baking powder, salt and sugar. Make well in center of mixture.

In separate bowl, combine yogurt, orange juice, oil, almond extract and egg. Stir it and apple mixture into flour mixture until dry ingredients are just moistened.

Fill prepared muffin tins three-fourths full. Bake in preheated oven 18 to 20 minutes.

Remove from pan immediately. Yields 14 muffins.

Recipe

TURKEY ROAST WITH CORN STUFFING

2 to 3 lb. turkey breast roast
1 pkg. (6 oz.) herb-flavored stuffing mix
1/2 cup (1/2 stick) butter or margarine
1/2 cup chopped celery
1/2 cup chopped onion
2 tbsp. snipped fresh parsley
1 pkg. (10 oz.) frozen whole kernel corn
2 cups water

1/4 cup flour
8 oz. fresh mushrooms, cut in half

• Preheat oven to 325°. In shallow roasting pan, bake mushrooms in preheated oven according to directions on package about 35 minutes per pound until thermometer reads 165° to 170°.

Reserve drippings in pan. Remove turkey and cut in bite-size pieces.

Prepare stuffing mix as package directs.

In skillet over medium-high heat, melt butter. Cook celery and onion until tender-crisp. Stir celery mixture,

parsley and corn into stuffing. Spread into 13-by-9-inch baking pan.

Stir 1 1/2 cups water into pan drippings. Heat to boil over medium heat, stirring frequently.

In tightly covered container, shake remaining 1/2 cup water and flour until flour is dissolved. Pour into pan drippings. Cook, stirring constantly, until mixture thickens. Boil. Stir in turkey and mushrooms. Salt and pepper to taste. Spoon over stuffing.

Bake, covered, about 45 minutes until hot.

Makes 8 servings.

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berry juice blend water
on-apple or orange
tea bags
brown sugar
if desired
sugar sticks, if

um saucepan, bring water to boil. Add. Steep, covered, 5 minutes. Remove tea bags.

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Horoscope

Wednesday, Feb. 8

The struggle between conservative ways and high-flying entrepreneurial plans takes place within your business and probably also within your psyche, as the pace of change is dizzying and the elements of radical change—in information systems and in new market opportunities—have taken over your life. Apply commonsense principles to new ideas, and have fun with the best.

ARIES (March 21-April 19). Express your needs to those who can help—you may have a bigger advantage than you think. Tonight, cuddle up with your best security blanket, whether it's your pet or a book.

TAURUS (April 20-May 20). Love is a sweet surrender, but be careful whom you give in to. Place a high value on your time today—you're a top-level worker. Don't dismiss a way-out idea too fast; you may have something big.

GEMINI (May 21-June 21). Persistence and the ability to stick to a job until it's done create the winning formula now—let a smart plan for the future cool for a week or so before jumping in with both feet. Correct your work carefully.

CANCER (June 22-July 22). Cherish the chance to learn something new. Your hobby soon is helping kids with homework inspires your own thinking process. Use creative instincts with problem-solving efforts.

LEO (Aug. 23-Aug. 22). It's out with the old—and let an old friend go, too, if you can't agree. But if the parting is peaceful, your heart will suffice to get back together in another day. Love may not find the answer, but you know how to hold the power you've gained.

VIRGO (Aug. 23-Sept. 22). A new romance prospect could take hold of your imagination. Flirt today, and over the weekend, you'll prove the farther. Try to enjoy the fun of teamwork, avoiding the irritations if possible.

LIBRA (Sept. 23-Oct. 23). An error in a bill can easily be corrected if you check the numbers. True enjoyment of your favorite pastime is discovered when you share them with others. Be friendly, considerate and kind.

SCORPIO (Oct. 24-Nov. 21). Follow through on projects—much can be completed now. Concentration is so good that you'll have to have a reminder to get to appointments on time. The evening holds surprises for weight watchers.

SAGITTARIUS (Nov. 22-Dec. 21). Someone nearby is in tune with your far-reaching vision of the future. Mutual interest is the best basis for new relationships. Promote yourself shamelessly to those who can be of help.

CAPRICORN (Dec. 22-Jan. 19). Don't be alarmed by the amount of work ahead today—it moves along easily, and you feel a great sense of satisfaction by the day's end. Job-hunting and health checkups are favored—an accurate diagnosis is available.

AQUARIUS (Jan. 20-Feb. 18). A stepped-up pace makes the work day a winner—and your charm is on the increase, so the camaraderie you thrive on is abundant. Remain flexible in evening plans, as you may get a great last-minute chance.

PISCES (Feb. 19-Mar. 20). You're in a great mood and you have to let it out. Turn to your job and you'll find your own side. Keep the toes.

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SIUE dance students to perform 'Opus '95'

The talent and growth of Southern Illinois University at Edwardsville dance students will be showcased in the upcoming "Opus '95" dance concert at SIUE.

The concert, which is an annual event, will be presented at 7:30 p.m. Thursday to Saturday, Feb. 9 to 11, and at 2 p.m. Sunday, Feb. 12, in the James F. Metcalf Theater on the campus.

Larry Shaun, an SIUE associate professor of theater and dance, and Paula Beals, also a member of the dance faculty, said this year's student choreographers have shown growth in their work and performance.

Each year, the students have the choice to

and dancers come out and execute, or "fill," the orders," she said.

"It's very light, but there are some good spots," she said.

In general, all of the pieces are showing a maturity that Shaun said is indicating depth

in the students' learning levels.

"A lot of the students are taking the role of characters more seriously," Shaun said.

"And that's an important step for a dancer; they have to step back and be objective. It's a good indication of growth."

Beals said nearly every piece, ranging from the serious works and traditional ballroom swing to jazz and contemporary ballet, that was auditioned was accepted.

"These were all high-quality pieces; a diverse group," Beals said.

Another piece that will be featured is choreographed by Heather A. Nes-

bit, which isn't titled yet but is based on the works and characters of Dr. Seuss.

"And, there are no alums dancing this year," Beals said. "These are all current

students, except for two men, one an Edwardsville High School student and the other a student at Millikin University in Decatur."

Other pieces include "Precious Anger" (working title) by Jennifer L. Gierhart, who said the piece is about her own experiences of anger.

"I tend to be a happy person and on the rare occasion I do get angry, I usually hold in," Gierhart said. "The piece gives me a chance to express some of that anger."

"Gone" is a ballroom piece based on her influences of music from the 1920s and '30s in music that was very dear to her father.

"My father was born in the 1920s and I grew up listening to all that music," Hill said. "This piece features a man and a woman and it's all about love."

Tickets for "Opus '95" are \$2. For reservations call the SIUE School of Fine Arts box office at 692-2774.

Screen Actors Guild announces nominees for 1st awards show

The Screen Actors Guild announced nominees for its first ever award show Thursday, and the actors' union named the cast of "Forrest Gump" in several top categories.

Tom Hanks was nominated for his role in the leading film

actor, as was Morgan Freeman ("The Shawshank

Redemption"), Paul Newman ("Nobody's Fool"), Tim Robbins ("The Shawshank Redemption") and John Travolta ("Pulp Fiction").

Nominated for best lead film actress were Jodie Foster ("Nell"), Jessica Lange ("Blue Sky"), Meg Ryan ("When a Man Loves a Woman"), Susan Sarandon ("The Client") and Meryl Streep ("The River Wild").

"Forrest Gump" was also nominated in the supporting actor

category, Mary Siemaszko and the supporting actress category for Robin Wright.

Barry Gordon, president of the actors' union, said 72,000 SAG

members will vote on the winners. "It's not just another award,

because it's the only award presented only to actors," Gordon said.

There is also an award given to the entire ensemble in a television

series.

The SAG trophies of a performer holding the comedy and tragedy

mask will be handed out Feb. 25. NBC will televise the ceremony.

A complete list of 1st Screen Actors Guild awards announced

Thursday follows.

ACTOR: Morgan Freeman ("The Shawshank Redemption"); Tom Hanks ("Forrest Gump"); Paul Newman ("Nobody's Fool"); Tim Robbins ("The Shawshank Redemption"); John Travolta ("Pulp Fiction").

ACTRESS: Jodie Foster ("Nell"); Jessica Lange ("Blue Sky"); Meg Ryan ("When a Man Loves a Woman"); Susan Sarandon ("The Client"); Meryl Streep ("The River Wild").

SUPPORTING ACTOR: Samuel L. Jackson ("Pulp Fiction"); Martin Landau ("Ed Wood"); Chazz Palminteri ("Bullets Over Broadway"); Gary Sinise ("Forrest Gump"); John Turturro ("Quiz Show").

SUPPORTING ACTRESS: Whoopi Goldberg ("Forrest Gump"); Diane Venora ("The Client"); Meryl Streep ("The River Wild").

ENTERTAINMENT: "Forrest Gump"; "The Client"; "Quiz Show".

ENTERTAINMENT: "Quiz Show"; "The Client"; "Forrest Gump".

</div

FAMILY

BAC campus to present 'As You Like It'

When the Shakespeare Society of Belleville Area College's Granite City Campus performs "As You Like It", the play will be as close to the original Elizabethan production as possible.

"We are trying to get back to Shakespeare's own theatrical structure," said director Mike Oliver, a BAC faculty member. "We want to get as close as we can to the way it was really done."

There will be no stage sets, as when the play is performed at the Granite City Campus. Instead, the show will be performed on platforms down on the audience's level. Also, because the Shakespeare Society wanted to stick with the original version of the

play, the cast is using the script based on the 1623 tableau with all of the original lines and scenes intact.

Critics have called "As You Like It" the best and most sophisticated Shakespearean comedy. The story is based on the misadventures of two cousins, Celia and Rosalind, who try to bridge the gap between their feuding fathers.

Tickets are \$4 at the door.

A performance will be held at 7 p.m. Feb. 11 in the cafeteria of the Granite City Campus, 4850 Maryville Road.

Performances will be held at 7 p.m. Feb. 17 and 18 and at 5 p.m. Feb. 19 at St. John's Church Hall at Grand and Arsenal in St. Louis.

For more information about "As You Like It", call director Mike Oliver at the Granite City Campus, 931-0600, extension 688, toll-free in Illinois at 1 (800) BAC-5131, extension 441, or at home, (314) 773-2868.



Students of Month — Eighth-grade Students of the Month for November at Grigsby Junior High School are Ricky Woodard and Andrea Stovall.

The students were nominated and elected by the Grigsby faculty. They have been able to achieve this honor because of their combined high ranking in the following areas: academic achievement, citizenship, politeness, maturity and overall work ethic.



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FREE BLOOD PRESSURE SCREENING, Belleville Area College. Tuesday, February 14, 10 a.m. - 1 p.m. Also, a CHOLESTEROL SCREENING, Wednesday, February 15, 10 a.m. - 1 p.m. Cost \$8. Free blood pressure check. No appointment needed.

HEART HEALTHY SCREENING, Peace Lutheran Church, Belleville, Friday, February 17, 10 a.m. - noon. Includes Cholesterol, Diabetes and Blood Pressure Check. Fee: \$8. By appointment only. Sponsored by St. Elizabeth's Hospital, Belleville Area College's PSOP and St. Clair County Health Department. Register by February 15 - call 234-6463.

BE HEART-SMART! Monday, February 27, 7 p.m. Free public education program in conjunction with National Heart Month - February. Speaker, Dr. Roop Lal of Cardiology Consultants, Ltd. will discuss the symptoms, diagnosis and treatment of heart disease, and answer participant questions. To register for this free program at the hospital, call 234-2120, extension 1575.



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Eagles

The Eagles Auxiliary officers' meeting was opened by their president, Modrusic, who introduced chaplain Millie W. Johnson, inside guard Sue Allen, and trustee Vincenta trustee Florence. trustee Mildred.

The conductor officers into the Mount Carmel region presented Special Auxiliary Chairman, Kathie Steiner.

Helen Meyer, madam chaplain Auxiliary 254, introduced state member of Flora Steiner Mary Steiner as state president. Each was presented.

Next the conductor North Lake Illinois room, and the conductor Garwood and R. Aerie secretary of the altar and president.

Other officers of Alton Auxiliary listed Shirley Fields president; and Granite City A grandmother.

The gavel was passed to the Eagles 1126 room.

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Eagles Aux. hosts state officers' weekend

The Eagles Auxiliary 1128 hosted the state officers' weekend on Jan. 20, 21 and 22. The meeting was opened by the president, and the officers included past president Barbara Modrusic, pro-tem vice president Martha Simpson, chaplain Millie Weatherford, conductor Vera Johnson, inside guard Del Deloney, outside guard Sue Allen, treasurer Cathie "Kathy" Koff, recorder Vincent Zorn, trustee Eveleen Trent, trustee Florence "Fuzz" Hagnauer and pro-tem trustee Mildred Boyd.

The conductor escorted the following state officers into the meeting room: Glenna Garwood of Mount Carmel Auxiliary 3066, central zone regional director; Thelma McFadden, state treasurer; District Seven secretary and state project (Heart Fund) chairman; Wanda Trent of Peoria Auxiliary 265, "No Goose Egg" chairman and central zone trustee;

Helen Meyer of Alton Auxiliary 254, state madam chaplain; Elaine Jaegla of Shiloh Auxiliary 545, state Alzheimer's chairman; Rita Cuoco of Alton Auxiliary 254, state membership chairman; Karen Piest of Berwyn Auxiliary 1225, state membership chairman; Pauline Bowen of Flora Auxiliary 2494, state outside guard; and Mary Stogner of Collinsville Auxiliary 1651, past state president and past state chairman. Each was presented a gift from the auxiliary.

Marilyn Oyen of Alton Auxiliary 254, state reenrollment chairman; Jean Seper of Alton Auxiliary 254, membership chairman; and the second vice Karen Piest of Berwyn Auxiliary 1225, state membership chairman; Pauline Bowen of Flora Auxiliary 2494, state outside guard; and Mary Stogner of Collinsville Auxiliary 1651, past state president and past state chairman. Each was presented a gift from the auxiliary.

Other officers recognized were Martha Howlett of Alton Auxiliary 254, president; JoAnn of Alton Auxiliary 254, junior past madam president; Shirley Fields of Alton Auxiliary 254, past madam president; and Florence "Fuzz" Hagnauer of Granite City Auxiliary 1126, grand Aerie chairman.

The gavel was then turned over to the new Eagles 1128 ritual team, president Vera Johnson.

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COUPON
UP TO
\$1000
OFF PRICE
OF A
VEHICLE *

INSTA-CREDIT
AUTO MART
346-8890

HRS: MON-SAT 9AM-9PM

OK

BUY WITH
CONFIDENCE...
WITH NO RISK
BUYING

With Our Exclusive
7-DAY RETURN POLICY



IT'S THAT SIMPLE
If you're not completely satisfied with the vehicle you buy, exchange it within 7 days, no questions asked.

COUPON

**Limit 1 coupon per purchase. Not redeemable in combination with other media coupons or discounts. Not redeemable for cash. Cash value 1/10. Coupon must be presented at time of purchase. Valid through 4/15/95. Not valid on prior purchases. Trade-ins accepted. No matching on trade in value.

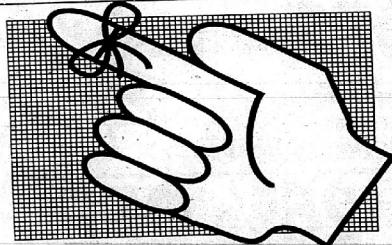
Sometimes it's just
not so easy to
remember things.

With Alzheimer's, few things in
your life come easily. At Eden Care
Center we understand.

Eden's Alzheimer's Care Unit
provides a nurturing environment in
a facility designed with soft colors, a
low noise level and accessibility
through a secured "Wander-guard"
system. The specialized nursing
care team meets daily to assess
progress and develop goals to help
Alzheimer's patients work toward
achieving their maximum level of
independence.

Our "A-team" activity program and
Alzheimer's Support Group for
families provide supportive and
educational programs and assist in
understanding and coping with the
effects of the disease.

Eden Care Center offers a
highly dedicated staff



specially trained to care for
residents who have Alzheimer's
or related diseases. That's part
of the reason we've received a
99.1% quality rating.

We offer comfortable private
and semi-private accommodations
in a pleasant residential
neighborhood, 5 minutes north
of Anderson Hospital with easy
access to Hwy. 159 near 270.

Eden Village Care Center has a 99.1% quality assurance rating with the State of Illinois. Eden Care Center is a division of Eden Village, a not-for-profit organization sponsored by the First Christian Church. Eden Village also provides Apartments and Duplex homes for the Active and Independent Senior.

Days same as cash



Students of Month — Seventh-grade Students of the Month for November at Grigsby Junior High School are Jason Newman and Marissa Cox. The students were nominated and elected by the Grigsby faculty. They have been able to achieve this honor because of their combined high ranking in the following areas: academic achievement, citizenship, politeness, maturity and overall work ethic.

Southern Illinois Oncology Institute, Ltd.



Conveniently Located Directly East of Anderson Hospital, Maryville, IL.
618-288-2800

- Medicare Assignment Accepted
- Affiliated With Most Major Insurance Plans
- Self Referrals Accepted
- Personalized Treatment Plans By Caring Professionals
- New State-Of-The Art Facility
- M. Megahy, Ph.D., M.D.
Medical Director

Trim down those overstuffed areas in your home (and shape up your wallet to boot!) Advertise those unused items 'for sale' in the Classifieds!

Buy One Get One FREE



Buy one complete pair of prescription glasses (frame and lenses) at regular price from our huge selection of famous brand names. Then get a free pair of the same prescription from our specially tagged collection. Offer includes most single vision and Bifocal prescriptions. Progressives, sunglasses, and other special needs and coatings available at additional charge on second pair. Some prescriptions at additional charge. No other coupons or discounts apply. Offer excludes Eyebuy's Collection. Offer valid only at participating locations through 3/18/95.

PEARLE VISION™

3305 Nameoki Road
Granite City
876-2438

Eye exam available from Dr. Alice E. Unger, O.D.
All optometric services performed by state licensed Optometrist.

Buy One Get One Free

Buy one complete pair of prescription glasses (frame and lenses) and get a complete pair of glasses from our special collection with clear single vision, uncoated, plastic lenses free. Offer not valid with disposable contact lens purchase. No other coupons or discounts apply. Offer valid only at participating locations through 3/18/95.

PEARLE VISION™

AZ

Buy Contacts Get Glasses FREE

Buy a complete pair of contacts (exams and contact lenses) and get a complete pair of glasses from our special collection with clear single vision, uncoated, plastic lenses free. Offer not valid with disposable contact lens purchase. No other coupons or discounts apply. Offer valid only at participating locations through 3/18/95.

PEARLE VISION™

Your Exams So Important,
We'll Pay For It
(up to \$35)

Present a recent eye exam receipt from a doctor of optometry at Pearle or any other eye doctor and we'll credit up to \$35.00 off the purchase of a complete pair of glasses (frame & lenses). Excludes Eyebuy's Collection. No other coupons or discounts apply. Coupon must be presented at time of order. Offer valid only at participating locations through 3/18/95.

PEARLE VISION™

PE

Pearle, Pearle Vision Center, Pearle Vision Express, Pearle Eye+Tech Express and EyeBuy's are trademarks of Pearle, Inc. ©1995 Pearle, Inc.

FAMILY



Kids time — Colonial Care Center recently hosted a party for the children of all staff members. The party featured a visit by Santa as well as tacos and "smile" cookies. Above, children of the staff tell Santa what they really want for Christmas. Below, children enjoy the gifts received from Santa.



Genealogical Society to meet

The Madison County Genealogical Society will hold its monthly meeting at 7 p.m. Thursday, Feb. 9, in the women's fellowship meeting room of the Immanuel United Methodist Church at 800 N. Main St. in Edwardsville.

Following the business meeting, Don Lowery of Alton will talk about Stephen Douglas, "The Little Giant." Lowery portrayed Douglas at the Lincoln-Douglas Debate in October 1994 in Alton.

Guests are welcome and membership is open to all interested persons.

For information about the

Square dance set

society call Elsie Wasser

656-2299, Marie Eberle at 656-1789

or write to Madison County

Genealogical Society at P.O. Box

631, Edwardsville, Ill. 62025.

YOU CAN'T PAY MORE!

49.95

COMPLETE SINGLE VISION EYEGLASSES, (\$124 VALUE)

79.95

COMPLETE BIFOCAL EYEGLASSES, (\$159 VALUE)

99.95

COMPLETE NO-LINE PROGRESSIVE & TRIFOCAL EYEGLASSES, (\$179 VALUE)

EYE EXAMS AVAILABLE

CONTACT LENSES

FREE EXTRAS PACKAGE!

GOOD ON ANY PAIR OF EYEGLASSES!

- FREE TINT
- FREE SCRATCH COATE
- FREE ULTRA VIOLET PROTECTION

All prices includes CR-39 plastic lenses, and your choice of any quality frame in our entire selection including designer styles such as: Bill Blass, Ashley Stewart, Oliver Winston, Perry Ellis, Sophia Loren and others. EXCLUDED TO OR 7.00 SPHERE WITH 3.00 CYLINDER BIFOCAL AND TRIFOCAL ST 28 & 35 and progressive

SPHERICAL ONLY
1 PAIR OF B&L ULTRA TINTS FOR ONLY \$49.95*
2 PAIR OF B&L ULTRA TINTS FOR ONLY \$79.95*
2 DOZEN B&L SEQUENCE 2 DISPOSABLE LENSES FOR ONLY \$79.95*
1 PAIR OF WESLEY-JESSEN D2 OPAQUE COLORS \$99.95*

See optician for details

Alton Square
465-4266



FREE 30 DAY MONEY BACK GUARANTEE!

MEN'S & WOMEN'S HIKER SALE!

Take An Extra
\$5 OFF
On our reg. \$16.99 to \$29.99 Hikers

Take An Extra
\$10 OFF
On our reg. \$30 and up Hikers



Keds
Perfect For Valentine's Day!
WOMEN'S CANVAS OXFORD
Sizes 5-10

LOONEY TUNES

Special Purchase \$15

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Huge Selection of Famous Brands at Fabulous Savings!

Granite City Crossroads Plaza 878-3766

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The Best in... • Selection • Name Brands • Top Value

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Sh...SILENT SALE

You Must Bring This Ad In To Receive This Huge Discount!

NO XEROX COPIES ACCEPTED

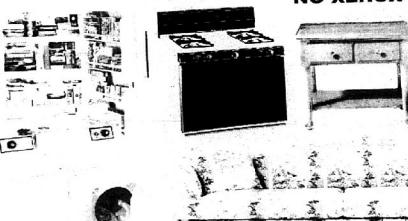
HERE'S HOW IT WORKS

800.00 Orig. Retail Price

600.00 Outlet Clearance Price

200.00 Price Reduction

\$400.00 YOUR FINAL COST



HERE'S HOW IT WORKS

499.99 Reg. Retail Price

349.99 Outlet Clearance Price

87.50 25% Additional Savings

\$262.49 YOUR FINAL COST

Does not apply to prior purchases.

50% OFF Original Retail Price

All Refrigerators,

All Ranges

All Built-In Cooking Appliances

3 DAYS ONLY
FRI., SAT., SUN. & MON.
FEB. 10 - 13
HURRY!

25% OFF Clearance Price

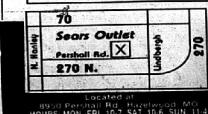
All Dishwashers, All Televisions
All Microwaves, All Vacuums,

ALL FURNITURE

FURNITURE & APPLIANCE

OUTLET

You Can Count on Me.
SEARS
THE BIGGEST NAME IN HOME IMPROVEMENT

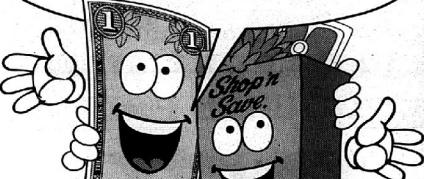


8911 Perry Rd., Hazelwood, MO
HOURS: MON-FRI 10:30-5:30, SAT. 10:30-5:30
(314) 731-6521

Get More For Less!

with 1,000's of Great Values

Top Quality
and Lower Prices!



24-CAN CASE
Coke, Diet Coke
or Sprite

388

12-OUNCE CANS
LIMIT 3 CASES WITH
ADDITIONAL \$20.00 PURCHASE
OVER LIMIT \$5.99

TOTAL VALUE

Shedd's
Country Crock

149
3-POUND
BOWL

ASSORTED VARIETIES
Nabisco
Premium Crackers

98¢
16-OZ.
BOX

PRE-PRICED \$8.99
SMALL OR LARGE BITES
Pedigree
Mealtimes

799
22-LB.
BAG

NEW FREEDOM OR
Kotex
Maxi Pads

2/\$5
18 TO
24-CT.

PRE-PRICED 59¢
Hi Dri
Paper Towels

2/95¢
ROLL

Pick up a FREE "Shout NO"
Child Activity Book.
Details at the Kleenex
Bath Tissue Display
at Shop 'n Save

LIMITED QUANTITIES - WHILE SUPPLY LASTS

•BONUS•
RED TAG VALUE!

Alka-Seltzer Plus
Our Low Price \$1.99

99¢
20-CT.
WITH
COUPON INSIDE

LIMIT 2 PKGS. WHILE QUANTITIES LAST



2-LITER BOTTLE
Coke, Diet Coke
or Sprite

79¢
LIMIT 6
OVER
LIMIT 99¢



PRE-PRICED \$2.99, ASSORTED VARIETIES

Lay's
Potato Chips

3/\$5
14-OUNCE
BAG

REGULAR OR SUGAR FREE
Jell-O
Gelatin

3/\$1
.3 TO 3-OZ.
PACKAGE

REG. OR SUGAR FREE
Jell-O
Instant Pudding

5/199
8 TO 3.9
OZ. PKG.

SELECTED VARIETIES
Libby's Lite
Canned Fruit

79¢
16
OZ.

Lewis
Cinnamon Rolls

99¢
15
OZ.

Shop 'n Save
Kosher Spears.....

119
24-OUNCE
JAR

ELBO MACARONI OR
Bi-Rite
Spaghetti

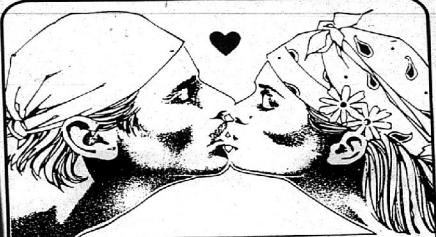
89¢
32-OZ.
PKG.

♪ The more you shop ♪
the more you save. SM

Shop 'n Save

02081A

Day at Shop 'n Save



All Gibson
Valentine's Day Cards

**20%
OFF**

Manufacturer's Marked
Pre-Price

Shop 'n Save Discounts
Greeting Cards 20%
Every Day!

Video Center

AT STORES WITH VIDEO DEPARTMENTS ONLY

All New Releases

EVERY
DAY
LOW
RENTAL
PRICE **99¢
EACH**

All Other Titles

EVERY
DAY
LOW
RENTAL
PRICE **49¢
EACH**

All Nintendo Games

EVERY
DAY
LOW
RENTAL
PRICE **99¢
EACH**



Dairy Dept. Red Tag Values

REGULAR OR LIGHT
I Can't Believe
It's Not Butter



99¢

2/8-OZ TUBS,
8-OZ. SPRAY
OR 16-OZ
TUB

ORANGE JUICE, GRAPEFRUIT
OR APPLE JUICE
Florida's
Natural
Premium Juice



189

64-OUNCE
CARTON

ASSORTED
Pevely
Sour Cream

**2/97¢
8 OUNCE**

REGULAR OR
SUGAR FREE
Swiss Miss
Pudding

**99¢
4 PACK**



ASSORTED
Pevely
Cottage Cheese

169

24-OUNCE
CARTON

Sargento
Shredded Cheese ...

199

8-OUNCE
PACKAGE

Enjoy Total Value
On Our Complete
Selection of
Fresh Dairy
Products

Frozen Food Red Tag Values

DOUBLE TOP
OR SPECIAL ORDER
Tombstone
12-Inch Pizza



2/698

25.75 TO
30.5-OZ.

Enter Meadow Gold's
"As Good As Gold" Giveaway.
Details In-Store
ASSORTED VARIETIES

Meadow Gold
Ice Cream



3/\$5

HALF
GALLON

ASSORTED
Patio
Burritos

**3/99¢
5-OZ.
PKG.**

CORN, PEAS, MIXED
OR CUT GREEN BEANS
FreshLike
Vegetables

**95¢
16
OZ.**

Shop 'n Save
Whip Topping

**69¢
8
OZ.**

4-VARIETIES
Totino's
Select Pizza

199

14.4 TO
15.5-OZ.

GREEN GIANT
Nibblers
Corn on the Cob ...

**3/399
6-PACK**

Vita Bite Shoe
String Potatoes...

**3/\$1
20-OZ.
PKG.**

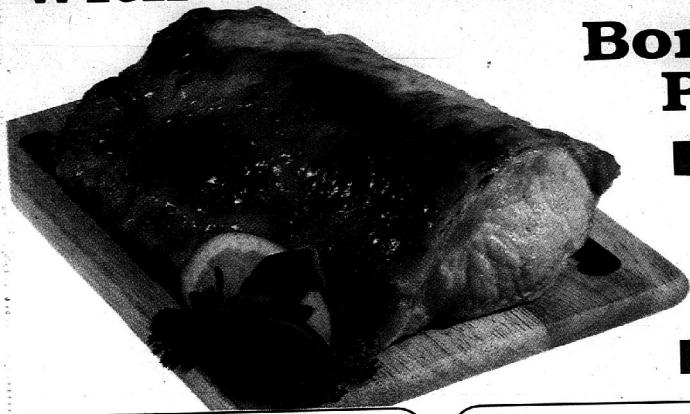


02083A

Your Dollar Buys More

With Total Value From Shop 'n Save

Boneless Center Cut Pork Loin Roast



197

lb. LIMIT 3 PKGS.

CENTER CUT
Butterfly Boneless Pork Chops
299
lb.

FAMILY PAK, BONE-IN
Farmfresh Chicken Breast
89¢
lb.

4 TO 5-POUND AVERAGE
Jennie-O Boneless Turkey
159
lb.

Perdue Fresh
Ground Turkey **169**
lb.

ALL VARIETIES
Michelina
Entrees **2/\$5**
30 OZ.
PKG.

NUGGETS OR PATTIES
Banquet
Chicken **2/\$5**
13.5 OZ.
PKG.

PEPPERONI OR
Mama Rosa
Deluxe Pizza ... **3/\$5**
20-OZ.
PKG.

COUNTRY STYLE
Tennessee Pride
Pork Sausage **159**
1-POUND
ROLL

Hickory Ridge
Sliced Bacon **119**
1-POUND
PACKAGE

ASSORTED VARIETIES
Oscar Mayer
Lunchables **99¢**
4.5
OZ.
1-LB.
PKG.

Hygrade Bologna
or Hot Dogs **89¢**

5 A Day
Fruits and Vegetables
For Better
Health!



Deli/Bakery/Seafood Shop

WAFER SLICED
Deli Fresh Boiled Ham
299
lb.

Old Wisconsin
Swiss Cheese
399
lb.

California
Navel Oranges
298
8-POUND
BAG

FRESH BAKED
Twin
French Bread **99¢**
16
OZ.

Iced
Raisin Bread **199**
20-OUNCE
LOAF

Mild Flaky
Jumbo Cod **399**
lb.

Farm Fresh
Whole Catfish **269**
lb.

Medium
Yellow Onions **68¢**
3-LB.
BAG

FRENCH OR ITALIAN BLEND
Dole
Salad Mix **168**
10-OZ.
BAG

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•PRICES GUARANTEED THRU FEBRUARY 11, 1995
AT THE ST. LOUIS METRO STORES ONLY
•WE RESERVE THE RIGHT TO LIMIT
•NO SALES TO DEALERS
•BAKERY/DELI/SEAFOOD NOT AVAILABLE
AT ALL LOCATIONS

Shop 'n Save

The more you shop
the more you save. SM

For Store Locations
Call (314)984-0900

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Press
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AT
SUB

\$25
For 18
Mile 34

1995 LEG
Auto, survival,
power locks, crum

OV
• 6 IMPRE
• 11 LEGA

Based on 10% down
Security deposit on

SUNTRU
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320 HELP WANTED

DISPATCHERS
National bulk carrier based in the metro-east area has immediate openings for Dispatchers. Responsibilities include local and long distance, Electronic referred. Excellent benefit plus a 401K program. Send resume to: P.O. Box 226, Madison, IL 62056-0226.

320 HELP WANTED

UNIVERS-PLATE offers some openings, some weeknights. Paid holidays. Training provided. Direct hire. Last model conventional truck with good driving record. CDL Class A preferred. Must be local and long distance. Excellent benefit. Excellent benefit plus a 401K program. Send resume to: P.O. Box 226, Madison, IL 62056-0226.

320 HELP WANTED

DRIVERS
Opportunity is Knocking
Extending midwest regional fleet in need of a few good drivers. Must be local and long distance. Excellent benefit. Excellent benefit plus a 401K program. Send resume to: P.O. Box 226, Madison, IL 62056-0226.

320 HELP WANTED

FOOD PANTRY CO-ORDINATOR 40 hours/week. Prefer previous experience with organizational and people skills. Must be local. Send resume to: City, IL Attm: Personnel Committee. 620-226-2520.

320 HELP WANTED

DRIVERS
Food Pantry Co-ordinator. 40 hours/week. Prefer previous experience with organizational and people skills. Must be local. Send resume to: City, IL Attm: Personnel Committee. 620-226-2520.

320 HELP WANTED

TANK TRUCK DRIVERS
Join the Leader! If you have 1000 miles experience with safe driving record you may be a good candidate for our team. We offer: - Paid vacation - Paid sick leave - Paid training - Paid benefits package - Employer matching 401K - Uniform program - Local delivery - Call 618-931-6013 or 618-931-6923 or apply in person. 5229 Dial Drive Granite City, IL 62040
DSI TRANSPORTS
EOE

320 HELP WANTED

EDUCATION
South County Montessori preschool child care center seeking full/part time and substitute for infant through kindergarten programs. Competitive salary, paid vacation and benefits.

320 HELP WANTED

DRIVER
HARD WORKERS WANTED
Full or part-time driving record. Advance placement.

HELP WANTED
Availability Staffing Service is taking applications for quality part-time workers with previous experience in the following areas:

DRIVER
Type 40wpm +
Word Perfect
Lotus
Data Entry @ 8000ph
Medical Clerical/secretarial
Please call today and you could be working tomorrow.

320 HELP WANTED

STAFFING SERVICE
Taking applications for all types of office positions. Call 216-794-0410. Ext. 112. Job Service with 8am-3pm. Please contact Granite City with any questions at 465-8226.

SUBSTITUTES NEEDED
Part-time subs for school with flexible schedule. Men, women, day and evening. 8-hour notice, \$6.50 hour with overtime. Excellent pay. Send resume and application to: PO Box 3027, Johnson, 1714 Deer Tracks Trail, St. Louis, MO. 63131.

PUNCH PRESS OPERATORS

needed

Granite City area
Interviews 4/21-5/26.

MANPOWER
MANPOWER SERVICES

618-624-5000
ECE M/F/H/V
Sales Agents

\$ BIG \$

Help collect unpaid child support. \$100K + poss!

Call 1-800-444-9999

of the 90's. Full or part time, full training available. Serious inquiries only.

618-327-9025
Monday 7pm-8pm
Wednesday 7pm-8pm

PART TIME DELIVERY

For Suburban Journal routes. TWO NIGHTS / W E E K
S A T U R D A Y
T U E S D A Y
\$8.00 to \$10.00/hour. Must have van & insurance.

Call 618-931-6923 or apply in person.

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NIGHT Maintenance. Apply in person. 618-931-6923 or apply in person.

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Storage Builders

Barn 8x12 \$799

Barn with ½ Loft 10x12 \$1,199

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USED PIANO CLEARANCE

Balwin, Estey, Kawai

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Consonans from \$899

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drum sets. Good condition. 606

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TO good home.

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NOTICE TO SETTLEMENT BY TENANT

CLAIM NOTICE

STATE OF ILLINOIS

IN THE CIRCUIT COURT, THIRD JUDICIAL

CIRCUIT, MADISON COUNTY DIVISION

IN THE MATTER OF THE ESTATE OF HOWARD H. STOPP,

DECEASED, NO. 94-CH-12

NOTICE is given of the death of Howard H. Stopp, February 1, 1995.

Date Letters were issued

Executive Administrator: Alan D. Walker, Daley & Walker

212 Madison, Suite 100, 10th Floor

Claims against the estate may be filed in the office of

the Circuit Court, Probate Division, County Courthouse in

Edwardsville, IL, during the period of 3 months from the date

that this notice is published, and any claim not so filed is barred as to the estate.

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the Circuit Court, Probate Division, County Courthouse in

Edwardsville, IL, during the period of 3 months from the date

that this notice is published, and any claim not so filed is barred as to the estate.

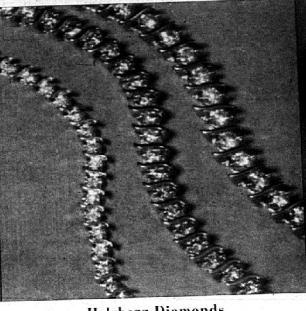
NOTICE TO SETTLEMENT BY TENANT



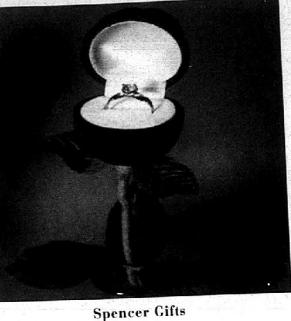
Saturday Matinee



Kirlin's Hallmark



Heilberg Diamonds



Spencer Gifts

LOVE the selection!

Glamour Shots



Saturday Matinee

The latest videos for sale. Choose from over 6,000 movies. 638-1026

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Precious Moments figurine "Sending You Oceans of Love." 632-2937

Heilberg Diamonds

Offers you the best selection of tennis bracelets. \$89-\$4,000. 632-9535

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Free Rose Gift Box with \$19.99 jewelry purchase. While supplies last. 632-9535

Glamour Shots

She gets the Glamour Shots Experience: you get her best shot. 10% off gift certificates. 628-1113

Frederick's of Hollywood



Valentine's Day, February 14



D.O.C. Eyeworld
Regis Hairstylists

You'll love the selection of Valentine's Day gifts at
St. Clair Square!

ST. CLAIR SQUARE
Why Shop Anyplace Else?

164 at Route 159, Fairview Heights. Monday-Saturday 10am-9:30pm. Sunday 12pm-6pm.

CardAmerica



D.O.C. Eyeworld

Fashion frames from D.O.C. Eyeworld in about 60 minutes or less. 624-2266

Regis Hairstylists

Perm or Color 25% off. Feb. 14-28. St. Clair Square only. 632-9535

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Register to win this JUMBO bear. \$140 retail value. 632-9224

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Who needs cupid? Red lace teddy \$20. regularly \$28. 632-6653

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A longtime
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